



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Fries, Jürgen

Club: Hannover
Number: 154

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:39:57

Speed: 9.75 km/h
Running performance: 6:06 min/km

Rank in course/Total: 287 (of 581)

Rank in course/Men: 271 (of 475)

Best time in course: 1:39:32

Rank in category: 44(of 77)

Best time in the category: 1:59:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	19:27	5:53	45	5:31	253	6:23	3.30	19:27	5:53	45	5:31	253	6:23				
Schlüsie	3.10	20:58	6:45	44	5:30	271	7:20	6.40	40:25	6:18	45	11:01	258	13:42				
Hermannsklippe	2.60	18:20	7:03	42	4:49	264	6:56	9.00	58:45	6:31	45	15:41	269	20:38				
Brocken	3.10	30:50	9:56	44	9:22	267	12:47	12.10	1:29:35	7:24	43	25:03	266	33:25				
Eiserner Handwe	3.60	19:36	5:26	46	5:11	271	7:44	15.70	1:49:11	6:57	43	29:29	270	41:09				
Schlüsie	4.10	19:37	4:47	49	5:30	302	8:03	19.80	2:08:48	6:30	46	34:24	275	49:12				
Loddenke	3.10	15:23	4:57	49	3:43	293	6:04	22.90	2:24:11	6:17	45	37:54	276	55:16				
Ilseburg/Markt	3.30	15:46	4:46	35	2:44	206	5:09	26.20	2:39:57	6:06	44	40:31	271	1:00:25				