



# 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: 9.83 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 km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| 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    |