



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Ziem, Thomas

Club: Schönebeck  
Number: 581

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:41:39

Speed: 9.72 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 293 (of 581)

Rank in course/Men: 277 (of 475)

Best time in course: 1:39:32

Rank in category: 46(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	19:59	6:03	49	6:03	278	6:55	3.30	19:59	6:03	49	6:03	278	6:55
Schlüsie	3.10	21:03	6:47	48	5:35	281	7:25	6.40	41:02	6:24	48	11:38	274	14:19
Hermannsklippe	2.60	18:48	7:13	50	5:17	292	7:24	9.00	59:50	6:38	48	16:46	287	21:43
Brocken	3.10	34:12	11:01	58	12:44	375	16:09	12.10	1:34:02	7:46	55	29:30	318	37:52
Eiserner Handwe	3.60	18:01	5:00	32	3:36	178	6:09	15.70	1:52:03	7:08	51	32:21	295	44:01
Schlüsie	4.10	18:06	4:24	37	3:59	232	6:32	19.80	2:10:09	6:34	50	35:45	284	50:33
Loddenke	3.10	14:44	4:45	41	3:04	241	5:25	22.90	2:24:53	6:19	48	38:36	282	55:58
Ilseburg/Markt	3.30	16:46	5:04	47	3:44	272	6:09	26.20	2:41:39	6:10	46	42:13	277	1:02:07