



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Rolappe, Rüdiger

Number: 416

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:41:46

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 296 (of 581)

Rank in course/Men: 279 (of 475)

Best time in course: 1:39:32

Rank in category: 48(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	20:10	6:06	50	6:14	288	7:06	3.30	20:10	6:06	50	6:14	288	7:06				
Schlüsie	3.10	20:26	6:35	39	4:58	244	6:48	6.40	40:36	6:20	46	11:12	260	13:53				
Hermannsklippe	2.60	17:53	6:52	37	4:22	235	6:29	9.00	58:29	6:29	43	15:25	260	20:22				
Brocken	3.10	32:29	10:28	50	11:01	315	14:26	12.10	1:30:58	7:31	47	26:26	284	34:48				
Eiserner Handwe	3.60	20:52	5:47	54	6:27	333	9:00	15.70	1:51:50	7:07	49	32:08	293	43:48				
Schlüsie	4.10	17:51	4:21	33	3:44	214	6:17	19.80	2:09:41	6:32	47	35:17	280	50:05				
Loddenke	3.10	14:45	4:45	42	3:05	243	5:26	22.90	2:24:26	6:18	47	38:09	278	55:31				
Ilseburg/Markt	3.30	17:20	5:15	55	4:18	309	6:43	26.20	2:41:46	6:10	48	42:20	279	1:02:14				