



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Rathke, Klaus

Club: NIX tun kann JEDER
Number: 398

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:42:34

Speed: 9.60 km/h
Running performance: 6:12 min/km

Rank in course/Total: 299 (of 581)

Rank in course/Men: 282 (of 475)

Best time in course: 1:39:32

Rank in category: 20(of 40)

Best time in the category: 2:17:19

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	21:20	6:27	28	4:31	366	8:16	3.30	21:20	6:27	28	4:31	366	8:16
Schlüsie	3.10	21:03	6:47	18	2:34	281	7:25	6.40	42:23	6:37	21	6:24	325	15:40
Hermannsklippe	2.60	18:19	7:02	15	2:45	263	6:55	9.00	1:00:42	6:44	19	8:54	302	22:35
Brocken	3.10	29:57	9:39	15	4:44	231	11:54	12.10	1:30:39	7:29	18	13:38	280	34:29
Eiserner Handwe	3.60	20:16	5:37	25	4:40	303	8:24	15.70	1:50:55	7:03	20	16:38	282	42:53
Schlüsie	4.10	18:20	4:28	21	3:16	243	6:46	19.80	2:09:15	6:31	20	19:13	277	49:39
Loddenke	3.10	15:27	4:59	24	2:41	299	6:08	22.90	2:24:42	6:19	20	21:54	280	55:47
Ilseburg/Markt	3.30	17:52	5:24	24	3:29	331	7:15	26.20	2:42:34	6:12	20	25:15	282	1:03:02