



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Pentz, Andreas

Club: Potsdamer Laufclub
Number: 624

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:42:59

Speed: 9.65 km/h
Running performance: 6:13 min/km

Rank in course/Total: 304 (of 581)

Rank in course/Men: 285 (of 475)

Best time in course: 1:39:32

Rank in category: 31(of 59)

Best time in the category: 2:07:29

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	21:09	6:24	40	5:17	351	8:05	3.30	21:09	6:24	40	5:17	351	8:05
Schlüsie	3.10	21:37	6:58	35	5:00	320	7:59	6.40	42:46	6:40	39	10:17	336	16:03
Hermannsklippe	2.60	19:12	7:23	36	4:38	314	7:48	9.00	1:01:58	6:53	39	14:55	332	23:51
Brocken	3.10	30:57	9:59	30	6:30	271	12:54	12.10	1:32:55	7:40	36	21:25	306	36:45
Eiserner Handwe	3.60	20:14	5:37	34	5:21	300	8:22	15.70	1:53:09	7:12	35	26:46	303	45:07
Schlüsie	4.10	19:45	4:49	33	4:58	306	8:11	19.80	2:12:54	6:42	34	31:29	305	53:18
Loddenke	3.10	14:07	4:33	17	1:55	189	4:48	22.90	2:27:01	6:25	31	33:21	288	58:06
Ilseburg/Markt	3.30	15:58	4:50	22	2:10	221	5:21	26.20	2:42:59	6:13	31	35:30	285	1:03:27