



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Glodek, Ronny

Club: Magdeburg
Number: 73

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:43:16

Speed: 9.55 km/h
Running performance: 6:14 min/km

Rank in course/Total: 307 (of 581)

Rank in course/Men: 287 (of 475)

Best time in course: 1:39:32

Rank in category: 37(of 55)

Best time in the category: 1:53:46

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	21:27	6:30	47	7:45	378	8:23	3.30	21:27	6:30	47	7:45	378	8:23
Schlüsie	3.10	20:39	6:39	36	5:35	255	7:01	6.40	42:06	6:34	38	13:18	314	15:23
Hermannsklippe	2.60	18:09	6:58	36	5:14	253	6:45	9.00	1:00:15	6:41	38	18:23	295	22:08
Brocken	3.10	31:53	10:17	36	11:27	298	13:50	12.10	1:32:08	7:36	37	29:10	299	35:58
Eiserner Handwe	3.60	19:02	5:17	28	5:52	238	7:10	15.70	1:51:10	7:04	37	33:41	284	43:08
Schlüsie	4.10	18:57	4:37	37	6:11	271	7:23	19.80	2:10:07	6:34	37	39:52	283	50:31
Loddenke	3.10	14:43	4:44	31	3:56	237	5:24	22.90	2:24:50	6:19	37	43:37	281	55:55
Ilseburg/Markt	3.30	18:26	5:35	43	6:17	352	7:49	26.20	2:43:16	6:13	37	49:30	287	1:03:44