



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Händel, Thomas

Club: Jena
Number: 589

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:44:06

Speed: 9.51 km/h
Running performance: 6:16 min/km

Rank in course/Total: 311 (of 581)

Rank in course/Men: 289 (of 475)

Best time in course: 1:39:32

Rank in category: 38(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:50	6:18	47	6:59	331	7:46	3.30	20:50	6:18	47	6:59	331	7:46
Schlüsie	3.10	20:53	6:44	38	6:00	269	7:15	6.40	41:43	6:31	42	12:55	296	15:00
Hermannsklippe	2.60	18:53	7:15	39	6:10	296	7:29	9.00	1:00:36	6:44	42	19:05	301	22:29
Brocken	3.10	29:00	9:21	25	7:53	195	10:57	12.10	1:29:36	7:24	36	26:58	267	33:26
Eiserner Handwe	3.60	21:57	6:05	56	8:43	368	10:05	15.70	1:51:33	7:06	40	35:40	288	43:31
Schlüsie	4.10	20:27	4:59	49	7:30	337	8:53	19.80	2:12:00	6:40	41	43:06	294	52:24
Loddenke	3.10	15:25	4:58	41	4:48	296	6:06	22.90	2:27:25	6:26	39	47:54	289	58:30
Ilseburg/Markt	3.30	16:41	5:03	34	4:46	262	6:04	26.20	2:44:06	6:15	38	52:40	289	1:04:34