



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Teske, Matthias

Club: Team Fritz
Number: 511

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:44:17

Speed: 9.57 km/h
Running performance: 6:16 min/km

Rank in course/Total: 312 (of 581)

Rank in course/Men: 290 (of 475)

Best time in course: 1:39:32

Rank in category: 39(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:52	5:43	32	5:01	219	5:48	3.30	18:52	5:43	32	5:01	219	5:48
Schlüsie	3.10	20:59	6:46	39	6:06	276	7:21	6.40	39:51	6:13	33	11:03	243	13:08
Hermannsklippe	2.60	21:19	8:11	61	8:36	402	9:55	9.00	1:01:10	6:47	44	19:39	314	23:03
Brocken	3.10	32:05	10:20	41	10:58	302	14:02	12.10	1:33:15	7:42	41	30:37	310	37:05
Eiserner Handwe	3.60	19:34	5:26	40	6:20	269	7:42	15.70	1:52:49	7:11	41	36:56	300	44:47
Schlüsie	4.10	17:54	4:21	29	4:57	219	6:20	19.80	2:10:43	6:36	37	41:49	287	51:07
Loddenke	3.10	15:16	4:55	36	4:39	282	5:57	22.90	2:25:59	6:22	37	46:28	284	57:04
Ilseburg/Markt	3.30	18:18	5:32	50	6:23	346	7:41	26.20	2:44:17	6:16	39	52:51	290	1:04:45