



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kegel, Rene

Club: Herzebrock-Clarholz
Number: 242

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:44:35

Speed: 9.48 km/h
Running performance: 6:17 min/km

Rank in course/Total: 315 (of 581)

Rank in course/Men: 292 (of 475)

Best time in course: 1:39:32

Rank in category: 48(of 67)

Best time in the category: 1:39:32

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	21:29	6:30	58	8:24	380	8:25	3.30	21:29	6:30	58	8:24	380	8:25
Schlüsie	3.10	21:27	6:55	50	7:49	307	7:49	6.40	42:56	6:42	57	16:13	337	16:13
Hermannsklippe	2.60	19:04	7:19	54	7:40	311	7:40	9.00	1:02:00	6:53	54	23:53	334	23:53
Brocken	3.10	31:32	10:10	50	13:29	286	13:29	12.10	1:33:32	7:43	54	37:22	314	37:22
Eiserner Handwe	3.60	19:43	5:28	45	7:51	275	7:51	15.70	1:53:15	7:12	50	45:13	304	45:13
Schlüsie	4.10	19:25	4:44	45	7:51	292	7:51	19.80	2:12:40	6:42	51	53:04	303	53:04
Loddenke	3.10	15:02	4:50	44	5:43	264	5:43	22.90	2:27:42	6:26	49	58:47	292	58:47
Ilseburg/Markt	3.30	16:53	5:06	46	6:16	282	6:16	26.20	2:44:35	6:16	48	1:05:03	292	1:05:03