



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Schade, Andreas

Club: NSV-Boxen
Number: 427

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:44:42

Speed: 9.47 km/h
Running performance: 6:17 min/km

Rank in course/Total: 316 (of 581)

Rank in course/Men: 293 (of 475)

Best time in course: 1:39:32

Rank in category: 40(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	18:46	5:41	31	4:55	210	5:42	3.30	18:46	5:41	31	4:55	210	5:42
Schlüsie	3.10	20:47	6:42	37	5:54	264	7:09	6.40	39:33	6:10	32	10:45	238	12:50
Hermannsklippe	2.60	19:36	7:32	49	6:53	341	8:12	9.00	59:09	6:34	37	17:38	277	21:02
Brocken	3.10	35:31	11:27	58	14:24	401	17:28	12.10	1:34:40	7:49	48	32:02	328	38:30
Eiserner Handwe	3.60	19:24	5:23	39	6:10	263	7:32	15.70	1:54:04	7:15	43	38:11	311	46:02
Schlüsie	4.10	18:23	4:29	33	5:26	244	6:49	19.80	2:12:27	6:41	42	43:33	300	52:51
Loddenke	3.10	15:13	4:54	34	4:36	277	5:54	22.90	2:27:40	6:26	40	48:09	291	58:45
Ilseburg/Markt	3.30	17:02	5:09	38	5:07	290	6:25	26.20	2:44:42	6:17	40	53:16	293	1:05:10