



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Ucko, Manfred

Number: 615

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:45:08

Speed: 9.45 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 320 (of 581)

Rank in course/Men: 294 (of 475)

Best time in course: 1:39:32

Rank in category: 32(of 59)

Best time in the category: 2:07:29

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	18:53	5:43	26	3:01	220	5:49	3.30	18:53	5:43	26	3:01	220	5:49
Schlüsie	3.10	20:38	6:39	28	4:01	254	7:00	6.40	39:31	6:10	27	7:02	236	12:48
Hermannsklippe	2.60	18:31	7:07	31	3:57	280	7:07	9.00	58:02	6:26	29	10:59	248	19:55
Brocken	3.10	33:44	10:52	45	9:17	354	15:41	12.10	1:31:46	7:35	33	20:16	296	35:36
Eiserner Handwe	3.60	21:16	5:54	39	6:23	344	9:24	15.70	1:53:02	7:11	34	26:39	301	45:00
Schlüsie	4.10	19:59	4:52	36	5:12	315	8:25	19.80	2:13:01	6:43	35	31:36	307	53:25
Loddenke	3.10	15:16	4:55	31	3:04	282	5:57	22.90	2:28:17	6:28	32	34:37	300	59:22
Ilseburg/Markt	3.30	16:51	5:06	33	3:03	278	6:14	26.20	2:45:08	6:18	32	37:39	294	1:05:36