



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: 9.52 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    |