



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Zennecke, Bernd

Club: Nordhausen
Number: 578

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:45:14

Speed: 9.44 km/h
Running performance: 6:19 min/km

Rank in course/Total: 322 (of 581)

Rank in course/Men: 295 (of 475)

Best time in course: 1:39:32

Rank in category: 4(of 15)

Best time in the category: 2:31:36

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	21:16	6:26	7	2:59	360	8:12	3.30	21:16	6:26	7	2:59	360	8:12
Schlüsie	3.10	21:51	7:02	5	2:35	333	8:13	6.40	43:07	6:44	5	4:55	340	16:24
Hermannsklippe	2.60	19:28	7:29	4	2:22	329	8:04	9.00	1:02:35	6:57	6	7:04	340	24:28
Brocken	3.10	31:51	10:16	3	4:56	296	13:48	12.10	1:34:26	7:48	5	11:08	324	38:16
Eiserner Handwe	3.60	20:04	5:34	5	2:12	292	8:12	15.70	1:54:30	7:17	5	12:00	314	46:28
Schlüsie	4.10	18:09	4:25	3	0:42	235	6:35	19.80	2:12:39	6:41	4	12:42	302	53:03
Loddenke	3.10	15:21	4:57	5	1:59	288	6:02	22.90	2:28:00	6:27	4	13:11	295	59:05
Ilseburg/Markt	3.30	17:14	5:13	5	2:10	301	6:37	26.20	2:45:14	6:18	4	13:38	295	1:05:42