



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Gemm, Karsten

Club: Hann. Münden
Number: 162

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:45:16

Speed: 9.51 km/h
Running performance: 6:19 min/km

Rank in course/Total: 323 (of 581)

Rank in course/Men: 296 (of 475)

Best time in course: 1:39:32

Rank in category: 33(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	21:30	6:30	45	5:38	382	8:26	3.30	21:30	6:30	45	5:38	382	8:26
Schlüsie	3.10	22:18	7:11	41	5:41	356	8:40	6.40	43:48	6:50	43	11:19	366	17:05
Hermannsklippe	2.60	19:16	7:24	37	4:42	316	7:52	9.00	1:03:04	7:00	42	16:01	353	24:57
Brocken	3.10	31:13	10:04	31	6:46	280	13:10	12.10	1:34:17	7:47	38	22:47	322	38:07
Eiserner Handwe	3.60	20:49	5:46	38	5:56	326	8:57	15.70	1:55:06	7:19	37	28:43	323	47:04
Schlüsie	4.10	19:31	4:45	31	4:44	299	7:57	19.80	2:14:37	6:47	38	33:12	320	55:01
Loddenke	3.10	14:29	4:40	21	2:17	216	5:10	22.90	2:29:06	6:30	37	35:26	314	1:00:11
Ilseburg/Markt	3.30	16:10	4:53	23	2:22	231	5:33	26.20	2:45:16	6:18	33	37:47	296	1:05:44