



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Louda, Rainer

Club: Badeborn
Number: 313

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:45:47

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 327 (of 581)

Rank in course/Men: 300 (of 475)

Best time in course: 1:39:32

Rank in category: 34(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	19:55	6:02	32	4:03	274	6:51	3.30	19:55	6:02	32	4:03	274	6:51
Schlüsie	3.10	22:04	7:07	40	5:27	343	8:26	6.40	41:59	6:33	34	9:30	307	15:16
Hermannsklippe	2.60	19:20	7:26	39	4:46	324	7:56	9.00	1:01:19	6:48	36	14:16	318	23:12
Brocken	3.10	31:28	10:09	32	7:01	285	13:25	12.10	1:32:47	7:40	35	21:17	302	36:37
Eiserner Handwe	3.60	20:39	5:44	37	5:46	319	8:47	15.70	1:53:26	7:13	36	27:03	306	45:24
Schlüsie	4.10	19:56	4:51	35	5:09	312	8:22	19.80	2:13:22	6:44	36	31:57	310	53:46
Loddenke	3.10	15:33	5:00	35	3:21	307	6:14	22.90	2:28:55	6:30	36	35:15	311	1:00:00
Ilseburg/Markt	3.30	16:52	5:06	34	3:04	280	6:15	26.20	2:45:47	6:19	34	38:18	300	1:06:15