



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Seerau, Roland

Club: TuS Xanten
Number: 474

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:45:57

Speed: 9.40 km/h
Running performance: 6:20 min/km

Rank in course/Total: 330 (of 581)

Rank in course/Men: 302 (of 475)

Best time in course: 1:39:32

Rank in category: 35(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	21:23	6:28	43	5:31	368	8:19	3.30	21:23	6:28	43	5:31	368	8:19
Schlüsie	3.10	21:48	7:01	37	5:11	331	8:10	6.40	43:11	6:44	40	10:42	344	16:28
Hermannsklippe	2.60	19:35	7:31	42	5:01	337	8:11	9.00	1:02:46	6:58	41	15:43	345	24:39
Brocken	3.10	32:16	10:24	37	7:49	312	14:13	12.10	1:35:02	7:51	40	23:32	331	38:52
Eiserner Handwe	3.60	20:07	5:35	33	5:14	297	8:15	15.70	1:55:09	7:20	38	28:46	324	47:07
Schlüsie	4.10	18:35	4:31	25	3:48	257	7:01	19.80	2:13:44	6:45	37	32:19	313	54:08
Loddenke	3.10	14:38	4:43	25	2:26	232	5:19	22.90	2:28:22	6:28	34	34:42	303	59:27
Ilseburg/Markt	3.30	17:35	5:19	41	3:47	317	6:58	26.20	2:45:57	6:20	35	38:28	302	1:06:25