



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Syring, Marco

Club: LLG Springe
Number: 599

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:46:10

Speed: 9.39 km/h
Running performance: 6:20 min/km

Rank in course/Total: 332 (of 581)

Rank in course/Men: 304 (of 475)

Best time in course: 1:39:32

Rank in category: 42(of 68)

Best time in the category: 1:51:26

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	20:09	6:06	41	6:18	287	7:05	3.30	20:09	6:06	41	6:18	287	7:05
Schlüsie	3.10	21:03	6:47	40	6:10	281	7:25	6.40	41:12	6:26	38	12:24	278	14:29
Hermannsklippe	2.60	19:20	7:26	46	6:37	324	7:56	9.00	1:00:32	6:43	41	19:01	300	22:25
Brocken	3.10	34:06	11:00	53	12:59	370	16:03	12.10	1:34:38	7:49	47	32:00	327	38:28
Eiserner Handwe	3.60	19:02	5:17	35	5:48	238	7:10	15.70	1:53:40	7:14	42	37:47	309	45:38
Schlüsie	4.10	18:10	4:25	32	5:13	237	6:36	19.80	2:11:50	6:39	40	42:56	293	52:14
Loddenke	3.10	16:58	5:28	52	6:21	373	7:39	22.90	2:28:48	6:29	43	49:17	310	59:53
Ilseburg/Markt	3.30	17:22	5:15	39	5:27	310	6:45	26.20	2:46:10	6:20	42	54:44	304	1:06:38