



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Fürer, Michael

Club: LC Blueliner  
Number: 12

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:46:48

Speed: 9.35 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 338 (of 581)

Rank in course/Men: 310 (of 475)

Best time in course: 1:39:32

Rank in category: 44(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	19:56	6:02	40	6:05	275	6:52	3.30	19:56	6:02	40	6:05	275	6:52
Schlüsie	3.10	21:55	7:04	52	7:02	338	8:17	6.40	41:51	6:32	43	13:03	300	15:08
Hermannsklippe	2.60	19:25	7:28	47	6:42	327	8:01	9.00	1:01:16	6:48	46	19:45	317	23:09
Brocken	3.10	29:50	9:37	30	8:43	220	11:47	12.10	1:31:06	7:31	39	28:28	288	34:56
Eiserner Handwe	3.60	20:04	5:34	42	6:50	292	8:12	15.70	1:51:10	7:04	38	35:17	284	43:08
Schlüsie	4.10	20:09	4:54	45	7:12	321	8:35	19.80	2:11:19	6:37	39	42:25	289	51:43
Loddenke	3.10	16:53	5:26	50	6:16	369	7:34	22.90	2:28:12	6:28	41	48:41	298	59:17
Ilseburg/Markt	3.30	18:36	5:38	54	6:41	360	7:59	26.20	2:46:48	6:21	44	55:22	310	1:07:16