



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Hartkopf, Ingo

Club: Die Hartköpfe
Number: 191

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:46:52

Speed: 9.42 km/h
Running performance: 6:22 min/km

Rank in course/Total: 340 (of 581)

Rank in course/Men: 312 (of 475)

Best time in course: 1:39:32

Rank in category: 38(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	19:16	5:50	30	3:24	236	6:12	3.30	19:16	5:50	30	3:24	236	6:12
Schlüsie	3.10	20:58	6:45	31	4:21	271	7:20	6.40	40:14	6:17	30	7:45	251	13:31
Hermannsklippe	2.60	18:32	7:07	32	3:58	281	7:08	9.00	58:46	6:31	32	11:43	270	20:39
Brocken	3.10	30:15	9:45	23	5:48	240	12:12	12.10	1:29:01	7:21	30	17:31	258	32:51
Eiserner Handwe	3.60	22:34	6:16	45	7:41	381	10:42	15.70	1:51:35	7:06	32	25:12	289	43:33
Schlüsie	4.10	20:51	5:05	43	6:04	360	9:17	19.80	2:12:26	6:41	33	31:01	299	52:50
Loddenke	3.10	15:52	5:07	39	3:40	326	6:33	22.90	2:28:18	6:28	33	34:38	302	59:23
Ilseburg/Markt	3.30	18:34	5:37	44	4:46	356	7:57	26.20	2:46:52	6:22	38	39:23	312	1:07:20