



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Bardehle, Lutz

Club: VfB Salzkotten
Number: 18

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:47:21

Speed: 9.32 km/h
Running performance: 6:23 min/km

Rank in course/Total: 343 (of 581)

Rank in course/Men: 315 (of 475)

Best time in course: 1:39:32

Rank in category: 51(of 77)

Best time in the category: 1:59:26

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	20:20	6:09	51	6:24	298	7:16	3.30	20:20	6:09	51	6:24	298	7:16
Schlüsie	3.10	20:56	6:45	43	5:28	270	7:18	6.40	41:16	6:26	49	11:52	281	14:33
Hermannsklippe	2.60	19:04	7:19	52	5:33	311	7:40	9.00	1:00:20	6:42	51	17:16	297	22:13
Brocken	3.10	32:55	10:37	51	11:27	322	14:52	12.10	1:33:15	7:42	54	28:43	310	37:05
Eiserner Handwe	3.60	20:05	5:34	48	5:40	295	8:13	15.70	1:53:20	7:13	54	33:38	305	45:18
Schlüsie	4.10	20:41	5:02	57	6:34	355	9:07	19.80	2:14:01	6:46	54	39:37	317	54:25
Loddenke	3.10	16:04	5:10	56	4:24	333	6:45	22.90	2:30:05	6:33	54	43:48	317	1:01:10
Ilseburg/Markt	3.30	17:16	5:13	53	4:14	305	6:39	26.20	2:47:21	6:23	51	47:55	315	1:07:49