



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Sprenger, Uwe

Club: Dessau-Roßlau
Number: 490

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:48:17

Speed: 9.27 km/h
Running performance: 6:25 min/km

Rank in course/Total: 350 (of 581)

Rank in course/Men: 320 (of 475)

Best time in course: 1:39:32

Rank in category: 39(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	18:54	5:43	27	3:02	221	5:50	3.30	18:54	5:43	27	3:02	221	5:50
Schlüsie	3.10	20:29	6:36	25	3:52	246	6:51	6.40	39:23	6:09	25	6:54	228	12:40
Hermannsklippe	2.60	17:59	6:55	22	3:25	240	6:35	9.00	57:22	6:22	24	10:19	230	19:15
Brocken	3.10	31:32	10:10	33	7:05	286	13:29	12.10	1:28:54	7:20	29	17:24	256	32:44
Eiserner Handwe	3.60	20:01	5:33	32	5:08	287	8:09	15.70	1:48:55	6:56	31	22:32	264	40:53
Schlüsie	4.10	20:03	4:53	37	5:16	317	8:29	19.80	2:08:58	6:30	30	27:33	276	49:22
Loddenke	3.10	19:41	6:20	54	7:29	442	10:22	22.90	2:28:39	6:29	35	34:59	307	59:44
Ilseburg/Markt	3.30	19:38	5:56	50	5:50	396	9:01	26.20	2:48:17	6:25	39	40:48	320	1:08:45