



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Möller, Udo

Club: Spiridon Laufmagazin
Number: 200

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:49:20

Speed: 9.28 km/h
Running performance: 6:28 min/km

Rank in course/Total: 355 (of 581)

Rank in course/Men: 323 (of 475)

Best time in course: 1:39:32

Rank in category: 40(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	20:21	6:10	37	4:29	301	7:17	3.30	20:21	6:10	37	4:29	301	7:17
Schlüsie	3.10	23:13	7:29	48	6:36	394	9:35	6.40	43:34	6:48	41	11:05	355	16:51
Hermannsklippe	2.60	20:10	7:45	45	5:36	357	8:46	9.00	1:03:44	7:04	45	16:41	365	25:37
Brocken	3.10	34:23	11:05	47	9:56	379	16:20	12.10	1:38:07	8:06	46	26:37	370	41:57
Eiserner Handwe	3.60	19:54	5:31	31	5:01	281	8:02	15.70	1:58:01	7:31	43	31:38	353	49:59
Schlüsie	4.10	19:09	4:40	30	4:22	282	7:35	19.80	2:17:10	6:55	42	35:45	341	57:34
Loddenke	3.10	15:34	5:01	36	3:22	310	6:15	22.90	2:32:44	6:40	40	39:04	332	1:03:49
Ilseburg/Markt	3.30	16:36	5:01	28	2:48	258	5:59	26.20	2:49:20	6:27	40	41:51	323	1:09:48