



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Brueggemann, Dirk

Club: Bad Essen
Number: 85

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:49:36

Speed: 9.20 km/h
Running performance: 6:28 min/km

Rank in course/Total: 356 (of 581)

Rank in course/Men: 324 (of 475)

Best time in course: 1:39:32

Rank in category: 55(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	19:47	5:59	47	5:51	267	6:43	3.30	19:47	5:59	47	5:51	267	6:43
Schlüsie	3.10	22:04	7:07	57	6:36	343	8:26	6.40	41:51	6:32	52	12:27	300	15:08
Hermannsklippe	2.60	18:53	7:15	51	5:22	296	7:29	9.00	1:00:44	6:44	54	17:40	304	22:37
Brocken	3.10	33:21	10:45	54	11:53	336	15:18	12.10	1:34:05	7:46	56	29:33	320	37:55
Eiserner Handwe	3.60	21:26	5:57	56	7:01	349	9:34	15.70	1:55:31	7:21	55	35:49	331	47:29
Schlüsie	4.10	21:20	5:12	61	7:13	383	9:46	19.80	2:16:51	6:54	56	42:27	338	57:15
Loddenke	3.10	15:42	5:03	53	4:02	317	6:23	22.90	2:32:33	6:39	56	46:16	331	1:03:38
Ilseburg/Markt	3.30	17:03	5:10	49	4:01	291	6:26	26.20	2:49:36	6:28	55	50:10	324	1:10:04