



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Noltekuhlmann, Uwe

Club: TV Lemgo  
Number: 367

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:51:41

Speed: 9.09 km/h  
Running performance: 6:33 min/km

Rank in course/Total: 369 (of 581)

Rank in course/Men: 336 (of 475)

Best time in course: 1:39:32

Rank in category: 24(of 40)

Best time in the category: 2:17:19

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	20:47	6:17	24	3:58	328	7:43	3.30	20:47	6:17	24	3:58	328	7:43
Schlüsie	3.10	23:06	7:27	27	4:37	383	9:28	6.40	43:53	6:51	26	7:54	367	17:10
Hermannsklippe	2.60	20:54	8:02	27	5:20	383	9:30	9.00	1:04:47	7:11	27	12:59	379	26:40
Brocken	3.10	33:56	10:56	21	8:43	362	15:53	12.10	1:38:43	8:09	23	21:42	375	42:33
Eiserner Handwe	3.60	21:15	5:54	29	5:39	342	9:23	15.70	1:59:58	7:38	23	25:41	364	51:56
Schlüsie	4.10	19:13	4:41	24	4:09	285	7:39	19.80	2:19:11	7:01	24	29:09	352	59:35
Loddenke	3.10	15:46	5:05	26	3:00	321	6:27	22.90	2:34:57	6:45	25	32:09	350	1:06:02
Ilseburg/Markt	3.30	16:44	5:04	18	2:21	268	6:07	26.20	2:51:41	6:33	24	34:22	336	1:12:09