



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Biemer, Gregor**

Club: Lc duisburg  
Number: 64

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:52:03

Speed: 9.14 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 372 (of 581)

Rank in course/Men: 338 (of 475)

Best time in course: 1:39:32

Rank in category: 53(of 67)

Best time in the category: 1:39:32

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	19:53	6:01	45	6:48	273	6:49	3.30	19:53	6:01	45	6:48	273	6:49
Schlüsie	3.10	22:10	7:09	57	8:32	350	8:32	6.40	42:03	6:34	54	15:20	313	15:20
Hermannsklippe	2.60	21:17	8:11	62	9:53	399	9:53	9.00	1:03:20	7:02	57	25:13	356	25:13
Brocken	3.10	32:08	10:21	53	14:05	306	14:05	12.10	1:35:28	7:53	56	39:18	339	39:18
Eiserner Handwe	3.60	21:53	6:04	56	10:01	365	10:01	15.70	1:57:21	7:28	58	49:19	346	49:19
Schlüsie	4.10	20:29	4:59	50	8:55	338	8:55	19.80	2:17:50	6:57	57	58:14	343	58:14
Loddenke	3.10	16:14	5:14	53	6:55	346	6:55	22.90	2:34:04	6:43	55	1:05:09	344	1:05:09
Ilseburg/Markt	3.30	17:59	5:26	52	7:22	334	7:22	26.20	2:52:03	6:34	53	1:12:31	338	1:12:31