



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Turk, Michael

Club: Harz-Gebirgslauf Wernigerode
Number: 521

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:52:41

Speed: 9.03 km/h
Running performance: 6:35 min/km

Rank in course/Total: 379 (of 581)

Rank in course/Men: 342 (of 475)

Best time in course: 1:39:32

Rank in category: 50(of 68)

Best time in the category: 1:51:26

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	20:56	6:20	49	7:05	338	7:52	3.30	20:56	6:20	49	7:05	338	7:52
Schlüsie	3.10	21:25	6:54	43	6:32	302	7:47	6.40	42:21	6:37	47	13:33	324	15:38
Hermannsklippe	2.60	18:53	7:15	39	6:10	296	7:29	9.00	1:01:14	6:48	45	19:43	315	23:07
Brocken	3.10	33:17	10:44	47	12:10	334	15:14	12.10	1:34:31	7:48	45	31:53	325	38:21
Eiserner Handwe	3.60	20:33	5:42	48	7:19	314	8:41	15.70	1:55:04	7:19	47	39:11	321	47:02
Schlüsie	4.10	20:46	5:03	51	7:49	358	9:12	19.80	2:15:50	6:51	49	46:56	330	56:14
Loddenke	3.10	17:27	5:37	60	6:50	396	8:08	22.90	2:33:17	6:41	50	53:46	337	1:04:22
Ilseburg/Markt	3.30	19:24	5:52	59	7:29	388	8:47	26.20	2:52:41	6:35	50	1:01:15	342	1:13:09