



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Preuß, Michael

Club: TuS Ahnsen
Number: 388

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:52:46

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

Rank in course/Total: 380 (of 581)

Rank in course/Men: 343 (of 475)

Best time in course: 1:39:32

Rank in category: 51(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	21:24	6:29	57	7:33	370	8:20	3.30	21:24	6:29	57	7:33	370	8:20
Schlüsie	3.10	21:39	6:59	49	6:46	322	8:01	6.40	43:03	6:43	49	14:15	338	16:20
Hermannsklippe	2.60	19:17	7:25	44	6:34	317	7:53	9.00	1:02:20	6:55	49	20:49	339	24:13
Brocken	3.10	32:15	10:24	43	11:08	310	14:12	12.10	1:34:35	7:49	46	31:57	326	38:25
Eiserner Handwe	3.60	20:04	5:34	42	6:50	292	8:12	15.70	1:54:39	7:18	45	38:46	315	46:37
Schlüsie	4.10	20:10	4:55	46	7:13	323	8:36	19.80	2:14:49	6:48	45	45:55	321	55:13
Loddenke	3.10	17:14	5:33	59	6:37	391	7:55	22.90	2:32:03	6:38	48	52:32	328	1:03:08
Ilseburg/Markt	3.30	20:43	6:16	62	8:48	429	10:06	26.20	2:52:46	6:35	51	1:01:20	343	1:13:14