



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Pranz, Dominik

Club: Hemmingen

Number: 385

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:53:17

Speed: 9.07 km/h

Running performance: 6:37 min/km

Rank in course/Total: 386 (of 581)

Rank in course/Men: 349 (of 475)

Best time in course: 1:39:32

Rank in category: 56(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:21	5:51	38	6:16	243	6:17	3.30	19:21	5:51	38	6:16	243	6:17
Schlüsie	3.10	21:47	7:01	54	8:09	329	8:09	6.40	41:08	6:25	47	14:25	276	14:25
Hermannsklippe	2.60	18:58	7:17	53	7:34	304	7:34	9.00	1:00:06	6:40	49	21:59	291	21:59
Brocken	3.10	31:39	10:12	52	13:36	291	13:36	12.10	1:31:45	7:34	50	35:35	295	35:35
Eiserner Handwe	3.60	21:50	6:03	55	9:58	364	9:58	15.70	1:53:35	7:14	52	45:33	308	45:33
Schlüsie	4.10	20:39	5:02	52	9:05	349	9:05	19.80	2:14:14	6:46	52	54:38	318	54:38
Loddenke	3.10	17:44	5:43	62	8:25	410	8:25	22.90	2:31:58	6:38	52	1:03:03	325	1:03:03
Ilseburg/Markt	3.30	21:19	6:27	66	10:42	435	10:42	26.20	2:53:17	6:36	56	1:13:45	349	1:13:45