



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Saage, Ansgar

Club: Aktion Löwenmama  
Number: 423

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:53:27

Speed: 8.99 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 389 (of 581)

Rank in course/Men: 352 (of 475)

Best time in course: 1:39:32

Rank in category: 44(of 59)

Best time in the category: 2:07:29

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	21:48	6:36	46	5:56	396	8:44	3.30	21:48	6:36	46	5:56	396	8:44
Schlüsie	3.10	22:21	7:12	42	5:44	359	8:43	6.40	44:09	6:53	45	11:40	374	17:26
Hermannsklippe	2.60	19:19	7:25	38	4:45	322	7:55	9.00	1:03:28	7:03	43	16:25	358	25:21
Brocken	3.10	33:35	10:50	42	9:08	347	15:32	12.10	1:37:03	8:01	44	25:33	361	40:53
Eiserner Handwe	3.60	22:54	6:21	48	8:01	394	11:02	15.70	1:59:57	7:38	45	33:34	363	51:55
Schlüsie	4.10	20:56	5:06	44	6:09	367	9:22	19.80	2:20:53	7:06	45	39:28	364	1:01:17
Loddenke	3.10	16:05	5:11	43	3:53	335	6:46	22.90	2:36:58	6:51	44	43:18	361	1:08:03
Ilseburg/Markt	3.30	16:29	4:59	26	2:41	252	5:52	26.20	2:53:27	6:37	44	45:58	352	1:13:55