



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Szidat, Marten

Club: SV Werder Bremen
Number: 507

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:54:54

Speed: 8.92 km/h
Running performance: 6:41 min/km

Rank in course/Total: 397 (of 581)

Rank in course/Men: 358 (of 475)

Best time in course: 1:39:32

Rank in category: 58(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	19:24	5:52	41	6:19	248	6:20	3.30	19:24	5:52	41	6:19	248	6:20
Schlüsie	3.10	19:53	6:24	35	6:15	200	6:15	6.40	39:17	6:08	37	12:34	223	12:34
Hermannsklippe	2.60	18:18	7:02	46	6:54	262	6:54	9.00	57:35	6:23	38	19:28	240	19:28
Brocken	3.10	33:28	10:47	58	15:25	344	15:25	12.10	1:31:03	7:31	47	34:53	287	34:53
Eiserner Handwe	3.60	22:24	6:13	59	10:32	379	10:32	15.70	1:53:27	7:13	51	45:25	307	45:25
Schlüsie	4.10	21:56	5:20	61	10:22	396	10:22	19.80	2:15:23	6:50	53	55:47	326	55:47
Loddenke	3.10	19:09	6:10	66	9:50	435	9:50	22.90	2:34:32	6:44	57	1:05:37	348	1:05:37
Ilseburg/Markt	3.30	20:22	6:10	63	9:45	421	9:45	26.20	2:54:54	6:40	58	1:15:22	358	1:15:22