



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Holz, Marcus

Number: 1196

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:56:45

Speed: 8.89 km/h

Running performance: 6:45 min/km

Rank in course/Total: 409 (of 581)

Rank in course/Men: 368 (of 475)

Best time in course: 1:39:32

Rank in category: 55(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	22:18	6:45	63	8:27	410	9:14	3.30	22:18	6:45	63	8:27	410	9:14
Schlüsle	3.10	21:24	6:54	42	6:31	301	7:46	6.40	43:42	6:49	54	14:54	361	16:59
Hermannsklippe	2.60	18:58	7:17	42	6:15	304	7:34	9.00	1:02:40	6:57	51	21:09	343	24:33
Brocken	3.10	32:40	10:32	45	11:33	320	14:37	12.10	1:35:20	7:52	51	32:42	338	39:10
Eiserner Handwe	3.60	25:06	6:58	65	11:52	438	13:14	15.70	2:00:26	7:40	55	44:33	368	52:24
Schlüsle	4.10	22:22	5:27	59	9:25	409	10:48	19.80	2:22:48	7:12	55	53:54	376	1:03:12
Loddenke	3.10	15:31	5:00	42	4:54	305	6:12	22.90	2:38:19	6:54	55	58:48	367	1:09:24
Ilseburg/Markt	3.30	18:26	5:35	52	6:31	352	7:49	26.20	2:56:45	6:44	55	1:05:19	368	1:17:13