



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Frisch, Kay

Club: Bärfelser Säcke  
Number: 587

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:57:23

Speed: 8.79 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 413 (of 581)

Rank in course/Men: 370 (of 475)

Best time in course: 1:39:32

Rank in category: 56(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	20:46	6:17	46	6:55	326	7:42	3.30	20:46	6:17	46	6:55	326	7:42
Schlüsie	3.10	23:55	7:42	61	9:02	410	10:17	6.40	44:41	6:58	60	15:53	385	17:58
Hermannsklippe	2.60	22:11	8:31	64	9:28	421	10:47	9.00	1:06:52	7:25	63	25:21	409	28:45
Brocken	3.10	36:20	11:43	61	15:13	414	18:17	12.10	1:43:12	8:31	63	40:34	412	47:02
Eiserner Handwe	3.60	20:52	5:47	52	7:38	333	9:00	15.70	2:04:04	7:54	61	48:11	400	56:02
Schlüsie	4.10	19:48	4:49	43	6:51	309	8:14	19.80	2:23:52	7:15	56	54:58	381	1:04:16
Loddenke	3.10	15:22	4:57	39	4:45	292	6:03	22.90	2:39:14	6:57	56	59:43	369	1:10:19
Ilseburg/Markt	3.30	18:09	5:30	49	6:14	342	7:32	26.20	2:57:23	6:46	56	1:05:57	370	1:17:51