



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Dietrich, Frank

Club: TÜV NORD
Number: 102

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:58:51

Speed: 8.79 km/h
Running performance: 6:50 min/km

Rank in course/Total: 426 (of 581)

Rank in course/Men: 380 (of 475)

Best time in course: 1:39:32

Rank in category: 61(of 77)

Best time in the category: 1:59:26

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	22:23	6:46	66	8:27	412	9:19	3.30	22:23	6:46	66	8:27	412	9:19
Schlüsie	3.10	23:47	7:40	61	8:19	404	10:09	6.40	46:10	7:12	62	16:46	405	19:27
Hermannsklippe	2.60	19:41	7:34	57	6:10	347	8:17	9.00	1:05:51	7:18	62	22:47	398	27:44
Brocken	3.10	34:49	11:13	60	13:21	389	16:46	12.10	1:40:40	8:19	61	36:08	391	44:30
Eiserner Handwe	3.60	22:53	6:21	63	8:28	393	11:01	15.70	2:03:33	7:52	61	43:51	394	55:31
Schlüsie	4.10	20:44	5:03	58	6:37	357	9:10	19.80	2:24:17	7:17	61	49:53	385	1:04:41
Loddenke	3.10	16:11	5:13	59	4:31	342	6:52	22.90	2:40:28	7:00	61	54:11	383	1:11:33
Ilseburg/Markt	3.30	18:23	5:34	61	5:21	349	7:46	26.20	2:58:51	6:49	61	59:25	380	1:19:19