



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Schrader, Roland

Club: Delligsen  
Number: 459

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:00:17

Speed: 8.65 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 435 (of 581)

Rank in course/Men: 387 (of 475)

Best time in course: 1:39:32

Rank in category: 49(of 55)

Best time in the category: 1:53:46

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	23:34	7:08	54	9:52	438	10:30	3.30	23:34	7:08	54	9:52	438	10:30
Schlüsie	3.10	24:01	7:44	52	8:57	411	10:23	6.40	47:35	7:26	53	18:47	422	20:52
Hermannsklippe	2.60	20:36	7:55	45	7:41	370	9:12	9.00	1:08:11	7:34	52	26:19	417	30:04
Brocken	3.10	33:10	10:41	41	12:44	328	15:07	12.10	1:41:21	8:22	50	38:23	397	45:11
Eiserner Handwe	3.60	22:38	6:17	47	9:28	386	10:46	15.70	2:03:59	7:53	50	46:30	398	55:57
Schlüsie	4.10	21:19	5:11	49	8:33	381	9:45	19.80	2:25:18	7:20	51	55:03	394	1:05:42
Loddenke	3.10	17:14	5:33	48	6:27	391	7:55	22.90	2:42:32	7:05	51	1:01:19	392	1:13:37
Ilseburg/Markt	3.30	17:45	5:22	38	5:36	323	7:08	26.20	3:00:17	6:52	49	1:06:31	387	1:20:45