49. Brockenlauf
Ilsenburg / 07.09.2019

Detailed evaluation

Leins, Martin

Club: -----
Number: 1194

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:01:46

Speed: 8.65 km/h
Running performance: 6:56 min/km

Rank in course/Total: 441 (of 581)
Rank in course/Men: 392 (of 475)
Best time in course: 1:39:32

Rank in category: 48(of 59)
Best time in the category: 2:07:29

Intermediate times

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
	Stage score							Total ranking						
Loddenke	3.30	22:51	6:55	53	6:59	419	9:47	3.30	22:51	6:55	53	6:59	419	9:47
Schlüsie	3.10	23:43	7:39	49	7:06	403	10:05	6.40	46:34	7:16	49	14:05	409	19:51
Hermannsklippe	2.60	19:37	7:32	43	5:03	343	8:13	9.00	1:06:11	7:21	49	19:08	403	28:04
Brocken	3.10	32:33	10:29	38	8:06	318	14:30	12.10	1:38:44	8:09	47	27:14	376	42:34
Eiserner Handwe	3.60	24:00	6:39	50	9:07	412	12:08	15.70	2:02:44	7:49	47	36:21	387	54:42
Schlüsie	4.10	22:16	5:25	49	7:29	404	10:42	19.80	2:25:00	7:19	48	43:35	391	1:05:24
Loddenke	3.10	16:59	5:28	48	4:47	375	7:40	22.90	2:41:59	7:04	48	48:19	388	1:13:04
Ilsenburg/Markt	3.30	19:47	5:59	52	5:59	406	9:10	26.20	3:01:46	6:56	48	54:17	392	1:22:14