



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kukral, Martin

Club: LGV Marathon Giessen
Number: 288

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:01:54

Speed: 8.64 km/h
Running performance: 6:56 min/km

Rank in course/Total: 444 (of 581)

Rank in course/Men: 394 (of 475)

Best time in course: 1:39:32

Rank in category: 49(of 59)

Best time in the category: 2:07:29

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	22:45	6:53	50	6:53	415	9:41	3.30	22:45	6:53	50	6:53	415	9:41
Schlüsie	3.10	23:06	7:27	45	6:29	383	9:28	6.40	45:51	7:09	48	13:22	401	19:08
Hermannsklippe	2.60	20:27	7:51	46	5:53	365	9:03	9.00	1:06:18	7:21	50	19:15	405	28:11
Brocken	3.10	36:28	11:45	51	12:01	417	18:25	12.10	1:42:46	8:29	50	31:16	407	46:36
Eiserner Handwe	3.60	24:14	6:43	53	9:21	418	12:22	15.70	2:07:00	8:05	50	40:37	413	58:58
Schlüsie	4.10	21:37	5:16	47	6:50	391	10:03	19.80	2:28:37	7:30	50	47:12	415	1:09:01
Loddenke	3.10	16:04	5:10	42	3:52	333	6:45	22.90	2:44:41	7:11	49	51:01	406	1:15:46
Ilseburg/Markt	3.30	17:13	5:13	39	3:25	299	6:36	26.20	3:01:54	6:56	49	54:25	394	1:22:22