



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Golnik, Markus

Club: SG Lauffreunde Harz  
Number: 171

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:02:57

Speed: 8.53 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 455 (of 581)

Rank in course/Men: 402 (of 475)

Best time in course: 1:39:32

Rank in category: 62(of 67)

Best time in the category: 1:39:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	km			Time	min/km
Loddenke	3.30	20:27	6:11	49	7:22	305	7:23	3.30	20:27	6:11	49	7:22	305	7:23
Schlüsie	3.10	22:08	7:08	56	8:30	347	8:30	6.40	42:35	6:39	56	15:52	333	15:52
Hermannsklippe	2.60	20:14	7:46	59	8:50	361	8:50	9.00	1:02:49	6:58	55	24:42	347	24:42
Brocken	3.10	34:10	11:01	64	16:07	373	16:07	12.10	1:36:59	8:00	59	40:49	360	40:49
Eiserner Handwe	3.60	24:19	6:45	63	12:27	420	12:27	15.70	2:01:18	7:43	61	53:16	378	53:16
Schlüsie	4.10	23:21	5:41	66	11:47	421	11:47	19.80	2:24:39	7:18	61	1:05:03	388	1:05:03
Loddenke	3.10	18:04	5:49	63	8:45	420	8:45	22.90	2:42:43	7:06	62	1:13:48	393	1:13:48
Ilseburg/Markt	3.30	20:14	6:07	62	9:37	418	9:37	26.20	3:02:57	6:58	62	1:23:25	402	1:23:25