



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Bieder, Michael

Club: Benneckenstein
Number: 63

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:03:42

Speed: 8.49 km/h
Running performance: 7:01 min/km

Rank in course/Total: 461 (of 581)

Rank in course/Men: 406 (of 475)

Best time in course: 1:39:32

Rank in category: 59(of 68)

Best time in the category: 1:51:26

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	21:49	6:36	61	7:58	398	8:45	3.30	21:49	6:36	61	7:58	398	8:45
Schlüsie	3.10	24:01	7:44	62	9:08	411	10:23	6.40	45:50	7:09	61	17:02	400	19:07
Hermannsklippe	2.60	21:01	8:04	59	8:18	392	9:37	9.00	1:06:51	7:25	62	25:20	408	28:44
Brocken	3.10	35:57	11:35	60	14:50	407	17:54	12.10	1:42:48	8:29	61	40:10	408	46:38
Eiserner Handwe	3.60	23:08	6:25	60	9:54	399	11:16	15.70	2:05:56	8:01	63	50:03	407	57:54
Schlüsie	4.10	21:48	5:19	57	8:51	394	10:14	19.80	2:27:44	7:27	62	58:50	409	1:08:08
Loddenke	3.10	17:07	5:31	54	6:30	383	7:48	22.90	2:44:51	7:11	60	1:05:20	407	1:15:56
Ilseburg/Markt	3.30	18:51	5:42	55	6:56	368	8:14	26.20	3:03:42	7:00	59	1:12:16	406	1:24:10