



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Gerhardt, Hans-Joachim

Club: Berlin
Number: 165

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:04:00

Speed: 8.48 km/h
Running performance: 7:01 min/km

Rank in course/Total: 464 (of 581)

Rank in course/Men: 407 (of 475)

Best time in course: 1:39:32

Rank in category: 31(of 40)

Best time in the category: 2:17:19

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	23:00	6:58	34	6:11	427	9:56	3.30	23:00	6:58	34	6:11	427	9:56
Schlüsie	3.10	24:59	8:03	32	6:30	423	11:21	6.40	47:59	7:29	34	12:00	425	21:16
Hermannsklippe	2.60	22:09	8:31	32	6:35	420	10:45	9.00	1:10:08	7:47	32	18:20	427	32:01
Brocken	3.10	38:46	12:30	33	13:33	437	20:43	12.10	1:48:54	9:00	34	31:53	436	52:44
Eiserner Handwe	3.60	20:21	5:39	26	4:45	306	8:29	15.70	2:09:15	8:13	32	34:58	427	1:01:13
Schlüsie	4.10	19:45	4:49	28	4:41	306	8:11	19.80	2:29:00	7:31	31	38:58	418	1:09:24
Loddenke	3.10	16:26	5:18	28	3:40	354	7:07	22.90	2:45:26	7:13	31	42:38	412	1:16:31
Ilseburg/Markt	3.30	18:34	5:37	27	4:11	356	7:57	26.20	3:04:00	7:01	31	46:41	407	1:24:28