



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Jakubowski, Carsten

Club: Hannöversche Hotzenplötze
Number: 224

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:06:49

Speed: 8.35 km/h
Running performance: 7:08 min/km

Rank in course/Total: 478 (of 581)

Rank in course/Men: 416 (of 475)

Best time in course: 1:39:32

Rank in category: 52(of 55)

Best time in the category: 1:53:46

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	20:11	6:06	33	6:29	289	7:07	3.30	20:11	6:06	33	6:29	289	7:07
Schlüsie	3.10	23:10	7:28	48	8:06	388	9:32	6.40	43:21	6:46	44	14:33	350	16:38
Hermannsklippe	2.60	21:33	8:17	52	8:38	409	10:09	9.00	1:04:54	7:12	47	23:02	386	26:47
Brocken	3.10	37:58	12:14	54	17:32	430	19:55	12.10	1:42:52	8:30	52	39:54	409	46:42
Eiserner Handwe	3.60	24:37	6:50	52	11:27	427	12:45	15.70	2:07:29	8:07	52	50:00	416	59:27
Schlüsie	4.10	20:29	4:59	44	7:43	338	8:55	19.80	2:27:58	7:28	52	57:43	410	1:08:22
Loddenke	3.10	16:14	5:14	43	5:27	346	6:55	22.90	2:44:12	7:10	52	1:02:59	403	1:15:17
Ilseburg/Markt	3.30	22:37	6:51	55	10:28	447	12:00	26.20	3:06:49	7:07	52	1:13:03	416	1:27:17