49. Brockenlauf

Ilsenburg / 07.09.2019

Detailed evaluation

Klughardt, Markus

Club: Windmühle Exter E.V.
Number: 264

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:07:16

Speed: 8.39 km/h
Running performance: 7:09 min/km

Rank in course/Total: 480 (of 581)
Rank in course/Men: 417 (of 475)
Best time in course: 1:39:32

Rank in category: 62(of 68)
Best time in the category: 1:51:26

Intermediate times

Control	Split km	Split Time	Split min/km	Stage score Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Total ranking Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:52	6:55	64	9:01	420	9:48	3.30	22:52	6:55	64	9:01	420	9:48
Schlüsie	3.10	24:10	7:47	63	9:17	415	10:32	6.40	47:02	7:20	63	18:14	416	20:19
Hermannsklippe	2.60	21:29	8:15	62	8:46	407	10:05	9.00	1:08:31	7:36	64	27:00	420	30:24
Brocken	3.10	34:21	11:04	54	13:14	378	16:18	12.10	1:42:52	8:30	62	40:14	409	46:42
Eiserner Handwe	3.60	22:50	6:20	57	9:36	391	10:58	15.70	2:05:42	8:00	62	49:49	406	57:40
Schlüsie	4.10	23:04	5:37	61	10:07	419	11:30	19.80	2:28:46	7:30	63	59:52	416	1:09:10
Loddenke	3.10	18:34	5:59	63	7:57	427	9:15	22.90	2:47:20	7:18	62	1:07:49	419	1:18:25
Ilsenburg/Markt	3.30	19:56	6:02	61	8:01	410	9:19	26.20	3:07:16	7:08	62	1:15:50	417	1:27:44