



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kemper, Roman

Club: Flachland Berglöwen
Number: 245

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:08:17

Speed: 8.29 km/h
Running performance: 7:11 min/km

Rank in course/Total: 486 (of 581)

Rank in course/Men: 421 (of 475)

Best time in course: 1:39:32

Rank in category: 65(of 67)

Best time in the category: 1:39:32

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	21:23	6:28	57	8:18	368	8:19	3.30	21:23	6:28	57	8:18	368	8:19
Schlüsie	3.10	23:04	7:26	60	9:26	381	9:26	6.40	44:27	6:56	58	17:44	382	17:44
Hermannsklippe	2.60	22:56	8:49	66	11:32	433	11:32	9.00	1:07:23	7:29	63	29:16	411	29:16
Brocken	3.10	34:07	11:00	63	16:04	371	16:04	12.10	1:41:30	8:23	62	45:20	401	45:20
Eiserner Handwe	3.60	24:38	6:50	64	12:46	428	12:46	15.70	2:06:08	8:02	63	58:06	408	58:06
Schlüsie	4.10	24:49	6:03	67	13:15	442	13:15	19.80	2:30:57	7:37	65	1:11:21	424	1:11:21
Loddenke	3.10	18:14	5:52	64	8:55	422	8:55	22.90	2:49:11	7:23	65	1:20:16	423	1:20:16
Ilseburg/Markt	3.30	19:06	5:47	57	8:29	380	8:29	26.20	3:08:17	7:11	65	1:28:45	421	1:28:45