



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Sørensen, Bent

Club: Faaborg Ski- og Motionsklub  
Number: 486

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 3:16:09

Speed: 7.95 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 508 (of 581)

Rank in course/Men: 433 (of 475)

Best time in course: 1:39:32

Rank in category: 2(of 3)

Best time in the category: 2:59:27

| 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     | 28:24      | 8:36         | 3        | 6:59        | 473     | 15:20      | 3.30     | 28:24         | 8:36         | 3        | 6:59        | 473     | 15:20      |
| Schlüsie           | 3.10     | 27:41      | 8:55         | 3        | 4:14        | 459     | 14:03      | 6.40     | 56:05         | 8:45         | 3        | 11:13       | 467     | 29:22      |
| Hermannsklippe     | 2.60     | 25:24      | 9:46         | 3        | 4:29        | 459     | 14:00      | 9.00     | 1:21:29       | 9:03         | 3        | 15:42       | 471     | 43:22      |
| Brocken            | 3.10     | 39:14      | 12:39        | 2        | 3:25        | 441     | 21:11      | 12.10    | 2:00:43       | 9:58         | 3        | 19:07       | 466     | 1:04:33    |
| Eiserner Handwe    | 3.60     | 21:19      | 5:55         | 2        | 0:30        | 345     | 9:27       | 15.70    | 2:22:02       | 9:02         | 3        | 19:37       | 455     | 1:14:00    |
| Schlüsie           | 4.10     | 20:10      | 4:55         | 1        | -           | 323     | 8:36       | 19.80    | 2:42:12       | 8:11         | 2        | 19:26       | 448     | 1:22:36    |
| Loddenke           | 3.10     | 15:25      | 4:58         | 1        | -           | 296     | 6:06       | 22.90    | 2:57:37       | 7:45         | 2        | 17:46       | 437     | 1:28:42    |
| Ilseburg/Markt     | 3.30     | 18:32      | 5:36         | 1        | -           | 354     | 7:55       | 26.20    | 3:16:09       | 7:29         | 2        | 16:42       | 433     | 1:36:37    |