



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wolff, Gerhard

Club: Ronnenberg
Number: 572

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:16:46

Speed: 7.99 km/h
Running performance: 7:31 min/km

Rank in course/Total: 513 (of 581)

Rank in course/Men: 435 (of 475)

Best time in course: 1:39:32

Rank in category: 64(of 68)

Best time in the category: 1:51:26

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	25:09	7:37	68	11:18	463	12:05	3.30	25:09	7:37	68	11:18	463	12:05
Schlüsie	3.10	27:02	8:43	66	12:09	451	13:24	6.40	52:11	8:09	67	23:23	456	25:28
Hermannsklippe	2.60	22:54	8:48	65	10:11	432	11:30	9.00	1:15:05	8:20	67	33:34	454	36:58
Brocken	3.10	36:59	11:55	63	15:52	425	18:56	12.10	1:52:04	9:15	66	49:26	447	55:54
Eiserner Handwe	3.60	25:54	7:11	67	12:40	447	14:02	15.70	2:17:58	8:47	66	1:02:05	450	1:09:56
Schlüsie	4.10	23:44	5:47	64	10:47	431	12:10	19.80	2:41:42	8:10	66	1:12:48	445	1:22:06
Loddenke	3.10	17:32	5:39	61	6:55	400	8:13	22.90	2:59:14	7:49	66	1:19:43	443	1:30:19
Ilseburg/Markt	3.30	17:32	5:18	41	5:37	316	6:55	26.20	3:16:46	7:30	64	1:25:20	435	1:37:14