



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Laube, Frank-Peter

Number: 630

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:17:58

Speed: 7.88 km/h
Running performance: 7:34 min/km

Rank in course/Total: 516 (of 581)

Rank in course/Men: 436 (of 475)

Best time in course: 1:39:32

Rank in category: 53(of 59)

Best time in the category: 2:07:29

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	22:45	6:53	50	6:53	415	9:41	3.30	22:45	6:53	50	6:53	415	9:41
Schlüsie	3.10	25:47	8:19	53	9:10	438	12:09	6.40	48:32	7:34	52	16:03	431	21:49
Hermannsklippe	2.60	22:29	8:38	52	7:55	429	11:05	9.00	1:11:01	7:53	54	23:58	435	32:54
Brocken	3.10	39:49	12:50	55	15:22	450	21:46	12.10	1:50:50	9:09	54	39:20	443	54:40
Eiserner Handwe	3.60	24:19	6:45	54	9:26	420	12:27	15.70	2:15:09	8:36	54	48:46	439	1:07:07
Schlüsie	4.10	23:58	5:50	52	9:11	433	12:24	19.80	2:39:07	8:02	54	57:42	435	1:19:31
Loddenke	3.10	18:45	6:02	52	6:33	430	9:26	22.90	2:57:52	7:46	54	1:04:12	438	1:28:57
Ilseburg/Markt	3.30	20:06	6:05	53	6:18	412	9:29	26.20	3:17:58	7:33	53	1:10:29	436	1:38:26