



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: 7.94 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 |