



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kamphoff, Dirk

Club: TC Merseburg
Number: 612

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:22:47

Speed: 7.75 km/h
Running performance: 7:44 min/km

Rank in course/Total: 527 (of 581)

Rank in course/Men: 444 (of 475)

Best time in course: 1:39:32

Rank in category: 66(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	20:15	6:08	42	6:24	292	7:11	3.30	20:15	6:08	42	6:24	292	7:11
Schlüsie	3.10	21:38	6:58	48	6:45	321	8:00	6.40	41:53	6:32	44	13:05	302	15:10
Hermannsklippe	2.60	20:57	8:03	57	8:14	389	9:33	9.00	1:02:50	6:58	54	21:19	348	24:43
Brocken	3.10	33:37	10:50	51	12:30	350	15:34	12.10	1:36:27	7:58	53	33:49	354	40:17
Eiserner Handwe	3.60	19:01	5:16	34	5:47	236	7:09	15.70	1:55:28	7:21	50	39:35	330	47:26
Schlüsie	4.10	28:34	6:58	68	15:37	466	17:00	19.80	2:24:02	7:16	58	55:08	383	1:04:26
Loddenke	3.10	28:13	9:06	68	17:36	472	18:54	22.90	2:52:15	7:31	64	1:12:44	427	1:23:20
Ilseburg/Markt	3.30	30:32	9:15	68	18:37	472	19:55	26.20	3:22:47	7:44	66	1:31:21	444	1:43:15