



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Rinke, Steven

Club: FSG Drübeck
Number: 622

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:57:15

Speed: 13.30 km/h
Running performance: 4:29 min/km

Rank in course/Total: 13 (of 581)

Rank in course/Men: 13 (of 475)

Best time in course: 1:39:32

Rank in category: 4(of 55)

Best time in the category: 1:53:46

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	14:33	4:24	6	0:51	21	1:29	3.30	14:33	4:24	6	0:51	21	1:29
Schlüsie	3.10	15:04	4:51	1	-	9	1:26	6.40	29:37	4:37	2	0:49	12	2:54
Hermannsklippe	2.60	12:55	4:58	1	-	9	1:31	9.00	42:32	4:43	2	0:40	10	4:25
Brocken	3.10	20:26	6:35	1	-	4	2:23	12.10	1:02:58	5:12	1	-	9	6:48
Eiserner Handwe	3.60	14:39	4:04	5	1:29	24	2:47	15.70	1:17:37	4:56	2	0:08	10	9:35
Schlüsie	4.10	14:01	3:25	5	1:15	22	2:27	19.80	1:31:38	4:37	2	1:23	11	12:02
Loddenke	3.10	12:01	3:52	8	1:14	38	2:42	22.90	1:43:39	4:31	2	2:26	11	14:44
Ilseburg/Markt	3.30	13:36	4:07	9	1:27	44	2:59	26.20	1:57:15	4:28	4	3:29	13	17:43