



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Kastenhofer, Jan

Club: Potsdamer Laufclub
Number: 241

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:12:10

Speed: 11.80 km/h
Running performance: 5:02 min/km

Rank in course/Total: 60 (of 581)

Rank in course/Men: 58 (of 475)

Best time in course: 1:39:32

Rank in category: 11(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	18:12	5:30	25	4:30	160	5:08	3.30	18:12	5:30	25	4:30	160	5:08
Schlüsie	3.10	17:26	5:37	10	2:22	56	3:48	6.40	35:38	5:34	17	6:50	104	8:55
Hermannsklippe	2.60	14:31	5:34	9	1:36	41	3:07	9.00	50:09	5:34	13	8:17	75	12:02
Brocken	3.10	24:29	7:53	10	4:03	47	6:26	12.10	1:14:38	6:10	12	11:40	63	18:28
Eiserner Handwe	3.60	15:32	4:18	8	2:22	52	3:40	15.70	1:30:10	5:44	11	12:41	57	22:08
Schlüsie	4.10	15:02	3:40	10	2:16	55	3:28	19.80	1:45:12	5:18	11	14:57	57	25:36
Loddenke	3.10	12:45	4:06	11	1:58	75	3:26	22.90	1:57:57	5:09	11	16:44	56	29:02
Ilseburg/Markt	3.30	14:13	4:18	13	2:04	76	3:36	26.20	2:12:10	5:02	11	18:24	58	32:38