



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Riediger, Steffen

Club: Team Lotti
Number: 604

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:14:24

Speed: 11.61 km/h
Running performance: 5:08 min/km

Rank in course/Total: 73 (of 581)

Rank in course/Men: 70 (of 475)

Best time in course: 1:39:32

Rank in category: 13(of 67)

Best time in the category: 1:39:32

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	16:55	5:07	18	3:50	85	3:51	3.30	16:55	5:07	18	3:50	85	3:51
Schlüsie	3.10	18:05	5:49	17	4:27	90	4:27	6.40	35:00	5:28	18	8:17	83	8:17
Hermannsklippe	2.60	15:33	5:58	17	4:09	77	4:09	9.00	50:33	5:36	19	12:26	82	12:26
Brocken	3.10	26:32	8:33	20	8:29	99	8:29	12.10	1:17:05	6:22	18	20:55	86	20:55
Eiserner Handwe	3.60	16:02	4:27	15	4:10	68	4:10	15.70	1:33:07	5:55	17	25:05	80	25:05
Schlüsie	4.10	15:01	3:39	10	3:27	52	3:27	19.80	1:48:08	5:27	14	28:32	74	28:32
Loddenke	3.10	12:30	4:01	13	3:11	60	3:11	22.90	2:00:38	5:16	15	31:43	75	31:43
Ilseburg/Markt	3.30	13:46	4:10	13	3:09	55	3:09	26.20	2:14:24	5:07	13	34:52	70	34:52