



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Otto, Stefan

Club: Gaensefurther Sportbewegung
Number: 371

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:16:16

Speed: 11.45 km/h
Running performance: 5:12 min/km

Rank in course/Total: 85 (of 581)

Rank in course/Men: 82 (of 475)

Best time in course: 1:39:32

Rank in category: 15(of 47)

Best time in the category: 1:47:45

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	15:35	4:43	8	2:31	39	2:31	3.30	15:35	4:43	8	2:31	39	2:31
Schlüsie	3.10	17:19	5:35	13	3:11	50	3:41	6.40	32:54	5:08	9	5:29	40	6:11
Hermannsklippe	2.60	15:35	5:59	15	3:11	81	4:11	9.00	48:29	5:23	12	8:40	50	10:22
Brocken	3.10	28:03	9:02	23	8:13	168	10:00	12.10	1:16:32	6:19	15	16:36	81	20:22
Eiserner Handwe	3.60	16:37	4:36	14	3:50	90	4:45	15.70	1:33:09	5:55	15	19:41	81	25:07
Schlüsie	4.10	15:45	3:50	11	3:43	79	4:11	19.80	1:48:54	5:30	15	23:03	80	29:18
Loddenke	3.10	12:26	4:00	11	2:25	58	3:07	22.90	2:01:20	5:17	15	24:59	78	32:25
Ilseburg/Markt	3.30	14:56	4:31	18	3:58	116	4:19	26.20	2:16:16	5:12	15	28:31	82	36:44