



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Sichau, Heiko

Club: LGV Marathon Giessen
Number: 478

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:18:55

Speed: 11.23 km/h
Running performance: 5:18 min/km

Rank in course/Total: 102 (of 581)

Rank in course/Men: 99 (of 475)

Best time in course: 1:39:32

Rank in category: 6(of 59)

Best time in the category: 2:07:29

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	17:12	5:12	7	1:20	96	4:08	3.30	17:12	5:12	7	1:20	96	4:08
Schlüsie	3.10	18:14	5:52	7	1:37	97	4:36	6.40	35:26	5:32	7	2:57	94	8:43
Hermannsklippe	2.60	16:21	6:17	8	1:47	119	4:57	9.00	51:47	5:45	7	4:44	100	13:40
Brocken	3.10	28:54	9:19	14	4:27	191	10:51	12.10	1:20:41	6:40	8	9:11	126	24:31
Eiserner Handwe	3.60	15:55	4:25	3	1:02	63	4:03	15.70	1:36:36	6:09	8	10:13	112	28:34
Schlüsie	4.10	15:28	3:46	4	0:41	63	3:54	19.80	1:52:04	5:39	6	10:39	107	32:28
Loddenke	3.10	12:29	4:01	5	0:17	59	3:10	22.90	2:04:33	5:26	6	10:53	102	35:38
Ilseburg/Markt	3.30	14:22	4:21	9	0:34	93	3:45	26.20	2:18:55	5:18	6	11:26	99	39:23