



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: 11.32 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      |