



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Reuß, Steffen

Club: Ballenstedt
Number: 407

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:19:44

Speed: 11.16 km/h
Running performance: 5:20 min/km

Rank in course/Total: 107 (of 581)

Rank in course/Men: 103 (of 475)

Best time in course: 1:39:32

Rank in category: 14(of 77)

Best time in the category: 1:59:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:50	5:42	37	4:54	214	5:46	3.30	18:50	5:42	37	4:54	214	5:46
Schlüsie	3.10	19:02	6:08	25	3:34	138	5:24	6.40	37:52	5:54	28	8:28	164	11:09
Hermannsklippe	2.60	16:13	6:14	17	2:42	114	4:49	9.00	54:05	6:00	25	11:01	145	15:58
Brocken	3.10	27:36	8:54	21	6:08	143	9:33	12.10	1:21:41	6:45	24	17:09	140	25:31
Eiserner Handwe	3.60	16:04	4:27	9	1:39	69	4:12	15.70	1:37:45	6:13	20	18:03	124	29:43
Schlüsie	4.10	15:40	3:49	10	1:33	73	4:06	19.80	1:53:25	5:43	17	19:01	116	33:49
Loddenke	3.10	12:39	4:04	11	0:59	70	3:20	22.90	2:06:04	5:30	17	19:47	111	37:09
Ilseburg/Markt	3.30	13:40	4:08	7	0:38	47	3:03	26.20	2:19:44	5:19	14	20:18	103	40:12