



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Otto, Tobias

Club: Sorsum
Number: 372

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:22:56

Speed: 11.00 km/h
Running performance: 5:28 min/km

Rank in course/Total: 129 (of 581)

Rank in course/Men: 124 (of 475)

Best time in course: 1:39:32

Rank in category: 16(of 68)

Best time in the category: 1:51:26

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	16:00	4:50	7	2:09	50	2:56	3.30	16:00	4:50	7	2:09	50	2:56
Schlüsie	3.10	19:03	6:08	16	4:10	141	5:25	6.40	35:03	5:28	9	6:15	84	8:20
Hermannsklippe	2.60	16:46	6:26	17	4:03	143	5:22	9.00	51:49	5:45	13	10:18	102	13:42
Brocken	3.10	27:17	8:48	17	6:10	131	9:14	12.10	1:19:06	6:32	15	16:28	110	22:56
Eiserner Handwe	3.60	18:06	5:01	26	4:52	180	6:14	15.70	1:37:12	6:11	15	21:19	120	29:10
Schlüsie	4.10	17:14	4:12	24	4:17	172	5:40	19.80	1:54:26	5:46	15	25:32	122	34:50
Loddenke	3.10	13:32	4:21	22	2:55	138	4:13	22.90	2:07:58	5:35	15	28:27	124	39:03
Ilseburg/Markt	3.30	14:58	4:32	16	3:03	122	4:21	26.20	2:22:56	5:27	16	31:30	124	43:24