



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Jost, Steffen

Club: Uli Riebles Bussardzucht e. V.  
Number: 592

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:23:29

Speed: 10.96 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 132 (of 581)

Rank in course/Men: 127 (of 475)

Best time in course: 1:39:32

Rank in category: 17(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	17:10	5:12	10	3:19	93	4:06	3.30	17:10	5:12	10	3:19	93	4:06
Schlüsie	3.10	18:54	6:05	14	4:01	127	5:16	6.40	36:04	5:38	14	7:16	114	9:21
Hermannsklippe	2.60	16:38	6:23	14	3:55	130	5:14	9.00	52:42	5:51	16	11:11	120	14:35
Brocken	3.10	26:54	8:40	14	5:47	111	8:51	12.10	1:19:36	6:34	16	16:58	116	23:26
Eiserner Handwe	3.60	18:07	5:01	28	4:53	183	6:15	15.70	1:37:43	6:13	16	21:50	123	29:41
Schlüsie	4.10	16:57	4:08	21	4:00	145	5:23	19.80	1:54:40	5:47	16	25:46	125	35:04
Loddenke	3.10	13:26	4:19	21	2:49	132	4:07	22.90	2:08:06	5:35	16	28:35	127	39:11
Ilseburg/Markt	3.30	15:23	4:39	22	3:28	167	4:46	26.20	2:23:29	5:28	17	32:03	127	43:57