



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Jockusch, Arne

Club: Hildesheim
Number: 228

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:18

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 152 (of 581)

Rank in course/Men: 147 (of 475)

Best time in course: 1:39:32

Rank in category: 21(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.	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	18:41	5:39	27	4:50	200	5:37	3.30	18:41	5:39	27	4:50	200	5:37	
Schlüsie	3.10	19:23	6:15	21	4:30	164	5:45	6.40	38:04	5:56	22	9:16	175	11:21	
Hermannsklippe	2.60	17:08	6:35	22	4:25	174	5:44	9.00	55:12	6:08	21	13:41	170	17:05	
Brocken	3.10	27:06	8:44	15	5:59	120	9:03	12.10	1:22:18	6:48	19	19:40	150	26:08	
Eiserner Handwe	3.60	17:40	4:54	22	4:26	156	5:48	15.70	1:39:58	6:22	19	24:05	146	31:56	
Schlüsie	4.10	16:45	4:05	18	3:48	132	5:11	19.80	1:56:43	5:53	19	27:49	142	37:07	
Loddenke	3.10	14:03	4:31	25	3:26	183	4:44	22.90	2:10:46	5:42	20	31:15	144	41:51	
Ilseburg/Markt	3.30	15:32	4:42	25	3:37	184	4:55	26.20	2:26:18	5:35	21	34:52	147	46:46	