



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Grote, Stephan

Club: TuS Xanten
Number: 180

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:37

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 159 (of 581)

Rank in course/Men: 154 (of 475)

Best time in course: 1:39:32

Rank in category: 22(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	19:48	6:00	38	5:57	268	6:44	3.30	19:48	6:00	38	5:57	268	6:44
Schlüsie	3.10	20:05	6:28	28	5:12	219	6:27	6.40	39:53	6:13	34	11:05	244	13:10
Hermannsklippe	2.60	17:15	6:38	24	4:32	182	5:51	9.00	57:08	6:20	31	15:37	225	19:01
Brocken	3.10	28:53	9:19	24	7:46	190	10:50	12.10	1:26:01	7:06	28	23:23	210	29:51
Eiserner Handwe	3.60	16:04	4:27	8	2:50	69	4:12	15.70	1:42:05	6:30	24	26:12	170	34:03
Schlüsie	4.10	15:51	3:51	10	2:54	84	4:17	19.80	1:57:56	5:57	22	29:02	154	38:20
Loddenke	3.10	12:50	4:08	11	2:13	86	3:31	22.90	2:10:46	5:42	20	31:15	144	41:51
Ilseburg/Markt	3.30	15:51	4:48	27	3:56	214	5:14	26.20	2:26:37	5:35	22	35:11	154	47:05