



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Hetebrügge, Jan

Club: Maschseelauftreff

Number: 206

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:27:07

Speed: 10.69 km/h

Running performance: 5:37 min/km

Rank in course/Total: 160 (of 581)

Rank in course/Men: 155 (of 475)

Best time in course: 1:39:32

Rank in category: 23(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:21	5:15	14	3:25	105	4:17	3.30	17:21	5:15	14	3:25	105	4:17
Schlüsle	3.10	18:53	6:05	23	3:25	126	5:15	6.40	36:14	5:39	22	6:50	120	9:31
Hermannsklippe	2.60	17:00	6:32	29	3:29	162	5:36	9.00	53:14	5:54	23	10:10	137	15:07
Brocken	3.10	28:26	9:10	30	6:58	178	10:23	12.10	1:21:40	6:44	23	17:08	139	25:30
Eiserner Handwe	3.60	18:32	5:08	36	4:07	212	6:40	15.70	1:40:12	6:22	25	20:30	148	32:10
Schlüsle	4.10	17:46	4:19	32	3:39	208	6:12	19.80	1:57:58	5:57	25	23:34	155	38:22
Loddenke	3.10	13:51	4:28	25	2:11	170	4:32	22.90	2:11:49	5:45	24	25:32	156	42:54
Ilseburg/Markt	3.30	15:18	4:38	28	2:16	160	4:41	26.20	2:27:07	5:36	23	27:41	155	47:35