



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Krocker, Steffen

Club: LG Konradsburg 90
Number: 281

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:27:25

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 164 (of 581)

Rank in course/Men: 159 (of 475)

Best time in course: 1:39:32

Rank in category: 14(of 59)

Best time in the category: 2:07:29

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	20:11	6:06	34	4:19	289	7:07	3.30	20:11	6:06	34	4:19	289	7:07
Schlüsie	3.10	19:58	6:26	20	3:21	206	6:20	6.40	40:09	6:16	29	7:40	250	13:26
Hermannsklippe	2.60	17:23	6:41	14	2:49	195	5:59	9.00	57:32	6:23	27	10:29	237	19:25
Brocken	3.10	27:39	8:55	10	3:12	145	9:36	12.10	1:25:11	7:02	16	13:41	193	29:01
Eiserner Handwe	3.60	17:34	4:52	16	2:41	151	5:42	15.70	1:42:45	6:32	16	16:22	187	34:43
Schlüsie	4.10	17:00	4:08	13	2:13	147	5:26	19.80	1:59:45	6:02	16	18:20	178	40:09
Loddenke	3.10	13:24	4:19	12	1:12	127	4:05	22.90	2:13:09	5:48	15	19:29	166	44:14
Ilseburg/Markt	3.30	14:16	4:19	5	0:28	81	3:39	26.20	2:27:25	5:37	14	19:56	159	47:53