



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Thiem, Steffen

Club: Berlin
Number: 514

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:27:49

Speed: 10.63 km/h
Running performance: 5:38 min/km

Rank in course/Total: 168 (of 581)

Rank in course/Men: 163 (of 475)

Best time in course: 1:39:32

Rank in category: 15(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	18:29	5:36	22	2:37	183	5:25	3.30	18:29	5:36	22	2:37	183	5:25
Schlüsie	3.10	19:34	6:18	16	2:57	176	5:56	6.40	38:03	5:56	18	5:34	174	11:20
Hermannsklippe	2.60	17:08	6:35	11	2:34	174	5:44	9.00	55:11	6:07	16	8:08	168	17:04
Brocken	3.10	30:34	9:51	27	6:07	257	12:31	12.10	1:25:45	7:05	19	14:15	204	29:35
Eiserner Handwe	3.60	17:03	4:44	14	2:10	117	5:11	15.70	1:42:48	6:32	17	16:25	188	34:46
Schlüsie	4.10	16:45	4:05	11	1:58	132	5:11	19.80	1:59:33	6:02	15	18:08	172	39:57
Loddenke	3.10	13:19	4:17	10	1:07	113	4:00	22.90	2:12:52	5:48	14	19:12	164	43:57
Ilseburg/Markt	3.30	14:57	4:31	13	1:09	120	4:20	26.20	2:27:49	5:38	15	20:20	163	48:17