



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Mielenhausen, Jan

Club: ASFM Göttingen
Number: 345

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:28:06

Speed: 10.61 km/h
Running performance: 5:39 min/km

Rank in course/Total: 171 (of 581)

Rank in course/Men: 166 (of 475)

Best time in course: 1:39:32

Rank in category: 23(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	18:27	5:35	24	4:36	180	5:23	3.30	18:27	5:35	24	4:36	180	5:23
Schlüsie	3.10	19:27	6:16	22	4:34	168	5:49	6.40	37:54	5:55	21	9:06	166	11:11
Hermannsklippe	2.60	16:50	6:28	18	4:07	149	5:26	9.00	54:44	6:04	19	13:13	159	16:37
Brocken	3.10	27:42	8:56	19	6:35	147	9:39	12.10	1:22:26	6:48	20	19:48	153	26:16
Eiserner Handwe	3.60	18:08	5:02	29	4:54	184	6:16	15.70	1:40:34	6:24	20	24:41	151	32:32
Schlüsie	4.10	17:15	4:12	25	4:18	174	5:41	19.80	1:57:49	5:57	21	28:55	153	38:13
Loddenke	3.10	14:16	4:36	27	3:39	197	4:57	22.90	2:12:05	5:46	22	32:34	158	43:10
Ilseburg/Markt	3.30	16:01	4:51	29	4:06	225	5:24	26.20	2:28:06	5:39	23	36:40	166	48:34