



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Stöwesand, Frank

Club: LT Isenhagener Land  
Number: 635

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:28:16

Speed: 10.52 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 172 (of 581)

Rank in course/Men: 167 (of 475)

Best time in course: 1:39:32

Rank in category: 16(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		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Loddenke	3.30	17:25	5:16	12	114	12	1:33	3.30	17:25	5:16	12	1:33	114	4:21
Schlüsie	3.10	19:11	6:11	11	147	10	2:34	6.40	36:36	5:43	10	4:07	135	9:53
Hermannsklippe	2.60	17:20	6:39	13	189	9	2:46	9.00	53:56	5:59	9	6:53	143	15:49
Brocken	3.10	30:04	9:41	21	234	13	5:37	12.10	1:24:00	6:56	13	12:30	181	27:50
Eiserner Handwe	3.60	18:14	5:03	20	190	13	3:21	15.70	1:42:14	6:30	13	15:51	175	34:12
Schlüsie	4.10	17:38	4:18	19	200	17	2:51	19.80	1:59:52	6:03	17	18:27	181	40:16
Loddenke	3.10	13:44	4:25	15	158	16	1:32	22.90	2:13:36	5:50	16	19:56	178	44:41
Ilseburg/Markt	3.30	14:40	4:26	11	105	16	0:52	26.20	2:28:16	5:39	16	20:47	167	48:44