



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Joppe, Holger

Club: TSV Hilwartshausen
Number: 231

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:28:22

Speed: 10.60 km/h
Running performance: 5:40 min/km

Rank in course/Total: 174 (of 581)

Rank in course/Men: 169 (of 475)

Best time in course: 1:39:32

Rank in category: 27(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	19:29	5:54	46	5:33	255	6:25	3.30	19:29	5:54	46	5:33	255	6:25
Schlüsle	3.10	19:53	6:24	34	4:25	200	6:15	6.40	39:22	6:09	38	9:58	227	12:39
Hermannsklippe	2.60	17:14	6:37	31	3:43	181	5:50	9.00	56:36	6:17	35	13:32	211	18:29
Brocken	3.10	30:05	9:42	36	8:37	235	12:02	12.10	1:26:41	7:09	35	22:09	219	30:31
Eiserner Handwe	3.60	17:02	4:43	17	2:37	113	5:10	15.70	1:43:43	6:36	33	24:01	197	35:41
Schlüsle	4.10	15:58	3:53	13	1:51	89	4:24	19.80	1:59:41	6:02	30	25:17	176	40:05
Loddenke	3.10	13:33	4:22	19	1:53	140	4:14	22.90	2:13:14	5:49	29	26:57	168	44:19
Ilseburg/Markt	3.30	15:08	4:35	21	2:06	140	4:31	26.20	2:28:22	5:39	27	28:56	169	48:50