



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Jermis, Dieter

Club: Hameln  
Number: 9

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:28:38

Speed: 10.50 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 177 (of 581)

Rank in course/Men: 172 (of 475)

Best time in course: 1:39:32

Rank in category: 8(of 40)

Best time in the category: 2:17:19

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	18:30	5:36	13	1:41	185	5:26	3.30	18:30	5:36	13	1:41	185	5:26
Schlüsie	3.10	20:18	6:32	15	1:49	235	6:40	6.40	38:48	6:03	13	2:49	207	12:05
Hermannsklippe	2.60	17:34	6:45	10	2:00	219	6:10	9.00	56:22	6:15	14	4:34	205	18:15
Brocken	3.10	27:54	9:00	6	2:41	159	9:51	12.10	1:24:16	6:57	10	7:15	182	28:06
Eiserner Handwe	3.60	18:13	5:03	15	2:37	189	6:21	15.70	1:42:29	6:31	11	8:12	181	34:27
Schlüsie	4.10	17:09	4:10	11	2:05	165	5:35	19.80	1:59:38	6:02	10	9:36	175	40:02
Loddenke	3.10	13:38	4:23	7	0:52	148	4:19	22.90	2:13:16	5:49	8	10:28	170	44:21
Ilseburg/Markt	3.30	15:22	4:39	10	0:59	166	4:45	26.20	2:28:38	5:40	8	11:19	172	49:06