



# 49. Brockenlauf

Ilseburg / 07.09.2019

## Detailed evaluation

**Abe, Steffen**

Club: Mainz  
Number: 31

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:29:58

Speed: 10.48 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 191 (of 581)

Rank in course/Men: 184 (of 475)

Best time in course: 1:39:32

Rank in category: 25(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	18:23	5:34	21	4:32	173	5:19	3.30	18:23	5:34	21	4:32	173	5:19
Schlüsie	3.10	20:09	6:29	29	5:16	223	6:31	6.40	38:32	6:01	27	9:44	198	11:49
Hermannsklippe	2.60	17:31	6:44	28	4:48	211	6:07	9.00	56:03	6:13	29	14:32	199	17:56
Brocken	3.10	29:39	9:33	28	8:32	215	11:36	12.10	1:25:42	7:04	27	23:04	201	29:32
Eiserner Handwe	3.60	17:45	4:55	25	4:31	164	5:53	15.70	1:43:27	6:35	28	27:34	196	35:25
Schlüsie	4.10	17:40	4:18	27	4:43	201	6:06	19.80	2:01:07	6:07	26	32:13	193	41:31
Loddenke	3.10	13:48	4:27	24	3:11	164	4:29	22.90	2:14:55	5:53	25	35:24	189	46:00
Ilseburg/Markt	3.30	15:03	4:33	19	3:08	134	4:26	26.20	2:29:58	5:43	25	38:32	184	50:26