



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

String, Philipp

Club: Stader SV
Number: 501

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:30:00

Speed: 10.48 km/h
Running performance: 5:44 min/km

Rank in course/Total: 192 (of 581)

Rank in course/Men: 185 (of 475)

Best time in course: 1:39:32

Rank in category: 12(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	18:11	5:30	9	1:22	159	5:07	3.30	18:11	5:30	9	1:22	159	5:07
Schlüsie	3.10	19:17	6:13	6	0:48	159	5:39	6.40	37:28	5:51	8	1:29	157	10:45
Hermannsklippe	2.60	17:47	6:50	13	2:13	228	6:23	9.00	55:15	6:08	8	3:27	173	17:08
Brocken	3.10	28:03	9:02	9	2:50	168	10:00	12.10	1:23:18	6:53	8	6:17	168	27:08
Eiserner Handwe	3.60	18:05	5:01	13	2:29	179	6:13	15.70	1:41:23	6:27	8	7:06	165	33:21
Schlüsie	4.10	17:19	4:13	13	2:15	177	5:45	19.80	1:58:42	5:59	8	8:40	163	39:06
Loddenke	3.10	14:55	4:48	19	2:09	259	5:36	22.90	2:13:37	5:50	10	10:49	179	44:42
Ilseburg/Markt	3.30	16:23	4:57	17	2:00	246	5:46	26.20	2:30:00	5:43	12	12:41	185	50:28