



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Jacob, Bastian

Club: Melsungen  
Number: 221

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:30:34

Speed: 10.44 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 195 (of 581)

Rank in course/Men: 187 (of 475)

Best time in course: 1:39:32

Rank in category: 32(of 67)

Best time in the category: 1:39:32

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	18:35	5:37	30	5:30	189	5:31	3.30	18:35	5:37	30	5:30	189	5:31
Schlüsie	3.10	19:42	6:21	31	6:04	184	6:04	6.40	38:17	5:58	31	11:34	181	11:34
Hermannsklippe	2.60	16:59	6:31	33	5:35	161	5:35	9.00	55:16	6:08	33	17:09	175	17:09
Brocken	3.10	28:41	9:15	37	10:38	185	10:38	12.10	1:23:57	6:56	34	27:47	180	27:47
Eiserner Handwe	3.60	18:35	5:09	36	6:43	214	6:43	15.70	1:42:32	6:31	33	34:30	183	34:30
Schlüsie	4.10	17:27	4:15	30	5:53	184	5:53	19.80	1:59:59	6:03	32	40:23	184	40:23
Loddenke	3.10	14:23	4:38	35	5:04	209	5:04	22.90	2:14:22	5:52	32	45:27	185	45:27
Ilseburg/Markt	3.30	16:12	4:54	39	5:35	233	5:35	26.20	2:30:34	5:44	32	51:02	187	51:02