



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Stephan, Thomas

Club: Quedlinburg  
Number: 498

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:31:20

Speed: 10.31 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 200 (of 581)

Rank in course/Men: 192 (of 475)

Best time in course: 1:39:32

Rank in category: 26(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:57	5:26	17	4:06	147	4:53	3.30	17:57	5:26	17	4:06	147	4:53
Schlüsie	3.10	19:16	6:12	19	4:23	156	5:38	6.40	37:13	5:48	17	8:25	150	10:30
Hermannsklippe	2.60	18:05	6:57	32	5:22	246	6:41	9.00	55:18	6:08	23	13:47	176	17:11
Brocken	3.10	29:44	9:35	29	8:37	216	11:41	12.10	1:25:02	7:01	24	22:24	191	28:52
Eiserner Handwe	3.60	18:19	5:05	31	5:05	198	6:27	15.70	1:43:21	6:34	26	27:28	194	35:19
Schlüsie	4.10	18:05	4:24	31	5:08	228	6:31	19.80	2:01:26	6:07	27	32:32	197	41:50
Loddenke	3.10	14:06	4:32	26	3:29	187	4:47	22.90	2:15:32	5:55	27	36:01	195	46:37
Ilseburg/Markt	3.30	15:48	4:47	26	3:53	210	5:11	26.20	2:31:20	5:46	26	39:54	192	51:48