



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Steglich, Dirk

Club: DLRG Hennickendorf  
Number: 494

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:34:29

Speed: 10.10 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 230 (of 581)

Rank in course/Men: 219 (of 475)

Best time in course: 1:39:32

Rank in category: 35(of 77)

Best time in the category: 1:59:26

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	22:12	6:43	65	8:16	407	9:08	3.30	22:12	6:43	65	8:16	407	9:08
Schlüsie	3.10	21:27	6:55	53	5:59	307	7:49	6.40	43:39	6:49	60	14:15	358	16:56
Hermannsklippe	2.60	18:29	7:06	46	4:58	277	7:05	9.00	1:02:08	6:54	58	19:04	336	24:01
Brocken	3.10	30:42	9:54	42	9:14	262	12:39	12.10	1:32:50	7:40	51	28:18	303	36:40
Eiserner Handwe	3.60	17:10	4:46	21	2:45	132	5:18	15.70	1:50:00	7:00	47	30:18	279	41:58
Schlüsie	4.10	17:11	4:11	28	3:04	167	5:37	19.80	2:07:11	6:25	43	32:47	262	47:35
Loddenke	3.10	12:37	4:04	9	0:57	66	3:18	22.90	2:19:48	6:06	38	33:31	234	50:53
Ilseburg/Markt	3.30	14:41	4:26	15	1:39	107	4:04	26.20	2:34:29	5:53	35	35:03	219	54:57