



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Jensen, Ib

Club: Kolding Motion/Klub100 DEN
Number: 14

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:34:29

Speed: 10.18 km/h
Running performance: 5:54 min/km

Rank in course/Total: 231 (of 581)

Rank in course/Men: 219 (of 475)

Best time in course: 1:39:32

Rank in category: 16(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:46	5:59	21	2:57	266	6:42	3.30	19:46	5:59	21	2:57	266	6:42
Schlüsie	3.10	22:38	7:18	24	4:09	366	9:00	6.40	42:24	6:37	22	6:25	327	15:41
Hermannsklippe	2.60	19:45	7:35	21	4:11	349	8:21	9.00	1:02:09	6:54	22	10:21	338	24:02
Brocken	3.10	29:44	9:35	11	4:31	216	11:41	12.10	1:31:53	7:35	20	14:52	298	35:43
Eiserner Handwe	3.60	17:08	4:45	4	1:32	126	5:16	15.70	1:49:01	6:56	19	14:44	266	40:59
Schlüsie	4.10	16:41	4:04	6	1:37	130	5:07	19.80	2:05:42	6:20	17	15:40	245	46:06
Loddenke	3.10	13:39	4:24	8	0:53	150	4:20	22.90	2:19:21	6:05	17	16:33	229	50:26
Ilseburg/Markt	3.30	15:08	4:35	9	0:45	140	4:31	26.20	2:34:29	5:53	16	17:10	219	54:57