



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Strijker, Jan**

Club: Veluwelopers  
Number: 499

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 2:35:17

Speed: 10.05 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 235 (of 581)

Rank in course/Men: 224 (of 475)

Best time in course: 1:39:32

Rank in category: 2(of 15)

Best time in the category: 2:31:36

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	18:17	5:32	1	-	164	5:13	3.30	18:17	5:32	1	-	164	5:13
Schlüsie	3.10	20:04	6:28	3	0:48	217	6:26	6.40	38:21	5:59	2	0:09	184	11:38
Hermannsklippe	2.60	19:11	7:22	3	2:05	313	7:47	9.00	57:32	6:23	3	2:01	237	19:25
Brocken	3.10	33:02	10:39	5	6:07	325	14:59	12.10	1:30:34	7:29	3	7:16	278	34:24
Eiserner Handwe	3.60	18:25	5:06	2	0:33	206	6:33	15.70	1:48:59	6:56	3	6:29	265	40:57
Schlüsie	4.10	17:52	4:21	2	0:25	216	6:18	19.80	2:06:51	6:24	3	6:54	255	47:15
Loddenke	3.10	13:22	4:18	1	-	119	4:03	22.90	2:20:13	6:07	2	5:24	240	51:18
Ilseburg/Markt	3.30	15:04	4:33	1	-	136	4:27	26.20	2:35:17	5:55	2	3:41	224	55:45