



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Berger, Stephan

Club: Lc Nanyuma
Number: 631

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:35:30

Speed: 10.03 km/h
Running performance: 5:56 min/km

Rank in course/Total: 237 (of 581)

Rank in course/Men: 226 (of 475)

Best time in course: 1:39:32

Rank in category: 29(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	18:39	5:39	26	4:48	198	5:35	3.30	18:39	5:39	26	4:48	198	5:35
Schlüsie	3.10	20:21	6:33	34	5:28	239	6:43	6.40	39:00	6:05	31	10:12	215	12:17
Hermannsklippe	2.60	18:20	7:03	33	5:37	264	6:56	9.00	57:20	6:22	32	15:49	228	19:13
Brocken	3.10	29:52	9:38	32	8:45	224	11:49	12.10	1:27:12	7:12	31	24:34	227	31:02
Eiserner Handwe	3.60	19:22	5:22	38	6:08	260	7:30	15.70	1:46:34	6:47	33	30:41	234	38:32
Schlüsie	4.10	19:04	4:39	37	6:07	280	7:30	19.80	2:05:38	6:20	33	36:44	243	46:02
Loddenke	3.10	14:37	4:42	28	4:00	228	5:18	22.90	2:20:15	6:07	32	40:44	241	51:20
Ilseburg/Markt	3.30	15:15	4:37	20	3:20	154	4:38	26.20	2:35:30	5:56	29	44:04	226	55:58