



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Ehrenberg, Jörg

Club: SV Kyffhäuser
Number: 124

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:35:53

Speed: 10.08 km/h
Running performance: 5:57 min/km

Rank in course/Total: 242 (of 581)

Rank in course/Men: 231 (of 475)

Best time in course: 1:39:32

Rank in category: 22(of 59)

Best time in the category: 2:07:29

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	19:10	5:48	28	3:18	229	6:06	3.30	19:10	5:48	28	3:18	229	6:06
Schlüsie	3.10	20:17	6:32	23	3:40	233	6:39	6.40	39:27	6:09	26	6:58	233	12:44
Hermannsklippe	2.60	18:01	6:55	23	3:27	243	6:37	9.00	57:28	6:23	26	10:25	236	19:21
Brocken	3.10	30:35	9:51	28	6:08	258	12:32	12.10	1:28:03	7:16	26	16:33	243	31:53
Eiserner Handwe	3.60	17:48	4:56	17	2:55	166	5:56	15.70	1:45:51	6:44	22	19:28	223	37:49
Schlüsie	4.10	17:52	4:21	21	3:05	216	6:18	19.80	2:03:43	6:14	22	22:18	222	44:07
Loddenke	3.10	15:28	4:59	33	3:16	302	6:09	22.90	2:19:11	6:04	22	25:31	226	50:16
Ilseburg/Markt	3.30	16:42	5:03	29	2:54	263	6:05	26.20	2:35:53	5:56	22	28:24	231	56:21