



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Stengel, Torsten

Number: 497

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:36:24

Speed: 10.05 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 249 (of 581)

Rank in course/Men: 237 (of 475)

Best time in course: 1:39:32

Rank in category: 30(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men				
Loddenke	3.30	18:58	5:44	33	5:07	224	5:54	3.30	18:58	5:44	33	5:07	224	5:54
Schlüsie	3.10	19:44	6:21	24	4:51	187	6:06	6.40	38:42	6:02	29	9:54	205	11:59
Hermannsklippe	2.60	17:17	6:38	25	4:34	184	5:53	9.00	55:59	6:13	27	14:28	196	17:52
Brocken	3.10	29:13	9:25	26	8:06	202	11:10	12.10	1:25:12	7:02	25	22:34	194	29:02
Eiserner Handwe	3.60	18:06	5:01	26	4:52	180	6:14	15.70	1:43:18	6:34	25	27:25	192	35:16
Schlüsie	4.10	19:26	4:44	40	6:29	295	7:52	19.80	2:02:44	6:11	29	33:50	209	43:08
Loddenke	3.10	15:34	5:01	45	4:57	310	6:15	22.90	2:18:18	6:02	29	38:47	220	49:23
Ilseburg/Markt	3.30	18:06	5:29	47	6:11	340	7:29	26.20	2:36:24	5:58	30	44:58	237	56:52