



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Sternberg, Ulf

Club: Harz-Gebirgslauf Wernigerode
Number: 30

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:36:51

Speed: 10.02 km/h
Running performance: 5:59 min/km

Rank in course/Total: 259 (of 581)

Rank in course/Men: 246 (of 475)

Best time in course: 1:39:32

Rank in category: 26(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	20:04	6:04	33	4:12	284	7:00	3.30	20:04	6:04	33	4:12	284	7:00
Schlüsie	3.10	20:34	6:38	26	3:57	249	6:56	6.40	40:38	6:20	31	8:09	262	13:55
Hermannsklippe	2.60	17:52	6:52	20	3:18	234	6:28	9.00	58:30	6:30	30	11:27	262	20:23
Brocken	3.10	29:30	9:30	16	5:03	209	11:27	12.10	1:28:00	7:16	25	16:30	242	31:50
Eiserner Handwe	3.60	18:52	5:14	24	3:59	229	7:00	15.70	1:46:52	6:48	25	20:29	239	38:50
Schlüsie	4.10	18:54	4:36	27	4:07	266	7:20	19.80	2:05:46	6:21	27	24:21	246	46:10
Loddenke	3.10	14:51	4:47	26	2:39	250	5:32	22.90	2:20:37	6:08	27	26:57	246	51:42
Ilseburg/Markt	3.30	16:14	4:55	24	2:26	235	5:37	26.20	2:36:51	5:59	26	29:22	246	57:19