



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Putensen, Stephan

Club: Hamburg
Number: 393

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:41:31

Speed: 9.73 km/h
Running performance: 6:10 min/km

Rank in course/Total: 292 (of 581)

Rank in course/Men: 276 (of 475)

Best time in course: 1:39:32

Rank in category: 36(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	19:31	5:54	36	5:40	257	6:27	3.30	19:31	5:54	36	5:40	257	6:27
Schlüsle	3.10	21:15	6:51	41	6:22	298	7:37	6.40	40:46	6:22	36	11:58	266	14:03
Hermannsklippe	2.60	18:25	7:05	34	5:42	269	7:01	9.00	59:11	6:34	38	17:40	279	21:04
Brocken	3.10	31:42	10:13	40	10:35	294	13:39	12.10	1:30:53	7:30	38	28:15	281	34:43
Eiserner Handwe	3.60	19:18	5:21	37	6:04	257	7:26	15.70	1:50:11	7:01	37	34:18	280	42:09
Schlüsle	4.10	18:02	4:23	30	5:05	226	6:28	19.80	2:08:13	6:28	36	39:19	270	48:37
Loddenke	3.10	15:14	4:54	35	4:37	280	5:55	22.90	2:23:27	6:15	36	43:56	270	54:32
Ilseburg/Markt	3.30	18:04	5:28	45	6:09	338	7:27	26.20	2:41:31	6:09	36	50:05	276	1:01:59