



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Dürr, Stefan

Club: Ekosem-Agrar  
Number: 118

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:46:21

Speed: 9.45 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 334 (of 581)

Rank in course/Men: 306 (of 475)

Best time in course: 1:39:32

Rank in category: 36(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	17:24	5:16	10	1:32	110	4:20	3.30	17:24	5:16	10	1:32	110	4:20
Schlüsie	3.10	19:11	6:11	11	2:34	147	5:33	6.40	36:35	5:42	9	4:06	130	9:52
Hermannsklippe	2.60	18:16	7:01	26	3:42	259	6:52	9.00	54:51	6:05	15	7:48	165	16:44
Brocken	3.10	30:32	9:50	26	6:05	256	12:29	12.10	1:25:23	7:03	17	13:53	197	29:13
Eiserner Handwe	3.60	21:29	5:58	40	6:36	350	9:37	15.70	1:46:52	6:48	25	20:29	239	38:50
Schlüsie	4.10	24:48	6:02	56	10:01	441	13:14	19.80	2:11:40	6:38	32	30:15	291	52:04
Loddenke	3.10	17:29	5:38	50	5:17	398	8:10	22.90	2:29:09	6:30	38	35:29	315	1:00:14
Ilseburg/Markt	3.30	17:12	5:12	38	3:24	297	6:35	26.20	2:46:21	6:20	36	38:52	306	1:06:49