



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Jahn, Roland

Club: NIX tun kann JEDER
Number: 223

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:53:25

Speed: 9.00 km/h
Running performance: 6:37 min/km

Rank in course/Total: 388 (of 581)

Rank in course/Men: 351 (of 475)

Best time in course: 1:39:32

Rank in category: 43(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	20:15	6:08	35	4:23	292	7:11	3.30	20:15	6:08	35	4:23	292	7:11
Schlüsie	3.10	21:41	6:59	36	5:04	323	8:03	6.40	41:56	6:33	33	9:27	303	15:13
Hermannsklippe	2.60	19:29	7:29	41	4:55	332	8:05	9.00	1:01:25	6:49	37	14:22	319	23:18
Brocken	3.10	33:22	10:45	41	8:55	337	15:19	12.10	1:34:47	7:49	39	23:17	329	38:37
Eiserner Handwe	3.60	20:35	5:43	36	5:42	316	8:43	15.70	1:55:22	7:20	39	28:59	327	47:20
Schlüsie	4.10	20:39	5:02	42	5:52	349	9:05	19.80	2:16:01	6:52	39	34:36	331	56:25
Loddenke	3.10	17:55	5:46	51	5:43	417	8:36	22.90	2:33:56	6:43	42	40:16	341	1:05:01
Ilseburg/Markt	3.30	19:29	5:54	49	5:41	390	8:52	26.20	2:53:25	6:37	43	45:56	351	1:13:53