



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Fischer, Steffen

Club: LSG80Schmücheläufer  
Number: 142

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:59:08

Speed: 8.78 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 428 (of 581)

Rank in course/Men: 382 (of 475)

Best time in course: 1:39:32

Rank in category: 60(of 67)

Best time in the category: 1:39:32

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	21:34	6:32	59	8:29	386	8:30	3.30	21:34	6:32	59	8:29	386	8:30
Schlüsie	3.10	23:02	7:25	59	9:24	378	9:24	6.40	44:36	6:58	60	17:53	384	17:53
Hermannsklippe	2.60	20:12	7:46	58	8:48	360	8:48	9.00	1:04:48	7:11	59	26:41	380	26:41
Brocken	3.10	32:58	10:38	56	14:55	323	14:55	12.10	1:37:46	8:04	60	41:36	366	41:36
Eiserner Handwe	3.60	23:17	6:28	61	11:25	403	11:25	15.70	2:01:03	7:42	60	53:01	374	53:01
Schlüsie	4.10	21:15	5:10	60	9:41	379	9:41	19.80	2:22:18	7:11	60	1:02:42	372	1:02:42
Loddenke	3.10	17:28	5:38	58	8:09	397	8:09	22.90	2:39:46	6:58	59	1:10:51	375	1:10:51
Ilseburg/Markt	3.30	19:22	5:52	58	8:45	385	8:45	26.20	2:59:08	6:50	60	1:19:36	382	1:19:36