



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: 8.71 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 |