



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Landwehr, Stefan

Club: Erfurt
Number: 296

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:01:57

Speed: 8.57 km/h
Running performance: 6:56 min/km

Rank in course/Total: 446 (of 581)

Rank in course/Men: 395 (of 475)

Best time in course: 1:39:32

Rank in category: 57(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:11	6:25	52	7:20	353	8:07	3.30	21:11	6:25	52	7:20	353	8:07
Schlüsie	3.10	22:58	7:24	57	8:05	376	9:20	6.40	44:09	6:53	57	15:21	374	17:26
Hermannsklippe	2.60	20:56	8:03	56	8:13	388	9:32	9.00	1:05:05	7:13	59	23:34	389	26:58
Brocken	3.10	35:09	11:20	56	14:02	392	17:06	12.10	1:40:14	8:17	58	37:36	386	44:04
Eiserner Handwe	3.60	22:52	6:21	58	9:38	392	11:00	15.70	2:03:06	7:50	58	47:13	390	55:04
Schlüsie	4.10	23:31	5:44	62	10:34	424	11:57	19.80	2:26:37	7:24	60	57:43	401	1:07:01
Loddenke	3.10	16:55	5:27	51	6:18	371	7:36	22.90	2:43:32	7:08	59	1:04:01	401	1:14:37
Ilseburg/Markt	3.30	18:25	5:34	51	6:30	350	7:48	26.20	3:01:57	6:56	57	1:10:31	395	1:22:25