



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Tegtow, Dirk

Club: Düren  
Number: 509

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:02:47

Speed: 8.53 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 452 (of 581)

Rank in course/Men: 400 (of 475)

Best time in course: 1:39:32

Rank in category: 50(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	22:03	6:40	48	6:11	403	8:59	3.30	22:03	6:40	48	6:11	403	8:59
Schlüsie	3.10	23:10	7:28	47	6:33	388	9:32	6.40	45:13	7:03	47	12:44	395	18:30
Hermannsklippe	2.60	20:51	8:01	47	6:17	380	9:27	9.00	1:06:04	7:20	48	19:01	400	27:57
Brocken	3.10	33:36	10:50	43	9:09	348	15:33	12.10	1:39:40	8:14	48	28:10	381	43:30
Eiserner Handwe	3.60	24:08	6:42	51	9:15	415	12:16	15.70	2:03:48	7:53	48	37:25	395	55:46
Schlüsie	4.10	24:21	5:56	53	9:34	435	12:47	19.80	2:28:09	7:28	49	46:44	412	1:08:33
Loddenke	3.10	16:53	5:26	47	4:41	369	7:34	22.90	2:45:02	7:12	50	51:22	408	1:16:07
Ilseburg/Markt	3.30	17:45	5:22	42	3:57	323	7:08	26.20	3:02:47	6:58	50	55:18	400	1:23:15