



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Januschkewitz, Stephan

Club: Bremen  
Number: 226

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:03:34

Speed: 8.50 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 459 (of 581)

Rank in course/Men: 405 (of 475)

Best time in course: 1:39:32

Rank in category: 63(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	23:19	7:03	65	10:14	435	10:15	3.30	23:19	7:03	65	10:14	435	10:15
Schlüsie	3.10	25:52	8:20	67	12:14	440	12:14	6.40	49:11	7:41	67	22:28	440	22:28
Hermannsklippe	2.60	22:14	8:33	65	10:50	424	10:50	9.00	1:11:25	7:56	66	33:18	439	33:18
Brocken	3.10	33:56	10:56	61	15:53	362	15:53	12.10	1:45:21	8:42	66	49:11	422	49:11
Eiserner Handwe	3.60	22:09	6:09	57	10:17	373	10:17	15.70	2:07:30	8:07	65	59:28	417	59:28
Schlüsie	4.10	20:39	5:02	52	9:05	349	9:05	19.80	2:28:09	7:28	63	1:08:33	412	1:08:33
Loddenke	3.10	16:27	5:18	54	7:08	355	7:08	22.90	2:44:36	7:11	63	1:15:41	405	1:15:41
Ilseburg/Markt	3.30	18:58	5:44	55	8:21	375	8:21	26.20	3:03:34	7:00	63	1:24:02	405	1:24:02