



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Jahn, Dieter

Club: NIXtunkannjeder
Number: 613

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:16:04

Speed: 7.96 km/h
Running performance: 7:29 min/km

Rank in course/Total: 507 (of 581)

Rank in course/Men: 432 (of 475)

Best time in course: 1:39:32

Rank in category: 54(of 55)

Best time in the category: 1:53:46

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	22:54	6:56	52	9:12	424	9:50	3.30	22:54	6:56	52	9:12	424	9:50
Schlüsie	3.10	23:52	7:41	51	8:48	407	10:14	6.40	46:46	7:18	52	17:58	412	20:03
Hermannsklippe	2.60	21:15	8:10	50	8:20	396	9:51	9.00	1:08:01	7:33	51	26:09	415	29:54
Brocken	3.10	33:23	10:46	44	12:57	338	15:20	12.10	1:41:24	8:22	51	38:26	400	45:14
Eiserner Handwe	3.60	26:27	7:20	55	13:17	453	14:35	15.70	2:07:51	8:08	53	50:22	420	59:49
Schlüsie	4.10	24:34	5:59	54	11:48	438	13:00	19.80	2:32:25	7:41	53	1:02:10	427	1:12:49
Loddenke	3.10	21:07	6:48	55	10:20	457	11:48	22.90	2:53:32	7:34	54	1:12:19	431	1:24:37
Ilseburg/Markt	3.30	22:32	6:49	54	10:23	444	11:55	26.20	3:16:04	7:29	54	1:22:18	432	1:36:32