



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Teske, Joachim

Club: HSV Leichtathletik
Number: 510

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:21:22

Speed: 7.75 km/h
Running performance: 7:41 min/km

Rank in course/Total: 526 (of 581)

Rank in course/Men: 443 (of 475)

Best time in course: 1:39:32

Rank in category: 55(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	27:24	8:18	59	11:32	471	14:20	3.30	27:24	8:18	59	11:32	471	14:20
Schlüsie	3.10	27:28	8:51	56	10:51	457	13:50	6.40	54:52	8:34	56	22:23	463	28:09
Hermannsklippe	2.60	24:50	9:33	56	10:16	452	13:26	9.00	1:19:42	8:51	57	32:39	466	41:35
Brocken	3.10	39:35	12:46	54	15:08	445	21:32	12.10	1:59:17	9:51	57	47:47	460	1:03:07
Eiserner Handwe	3.60	24:32	6:48	55	9:39	425	12:40	15.70	2:23:49	9:09	57	57:26	457	1:15:47
Schlüsie	4.10	22:02	5:22	48	7:15	398	10:28	19.80	2:45:51	8:22	56	1:04:26	453	1:26:15
Loddenke	3.10	16:46	5:24	46	4:34	366	7:27	22.90	3:02:37	7:58	56	1:08:57	447	1:33:42
Ilseburg/Markt	3.30	18:45	5:40	46	4:57	366	8:08	26.20	3:21:22	7:41	55	1:13:53	443	1:41:50