



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Niebuhr, Johannes

Club: Socius  
Number: 361

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:24:18

Speed: 7.69 km/h  
Running performance: 7:48 min/km

Rank in course/Total: 532 (of 581)

Rank in course/Men: 446 (of 475)

Best time in course: 1:39:32

Rank in category: 45(of 47)

Best time in the category: 1:47:45

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	24:32	7:26	47	11:28	454	11:28	3.30	24:32	7:26	47	11:28	454	11:28
Schlüsie	3.10	24:54	8:01	43	10:46	422	11:16	6.40	49:26	7:43	46	22:01	442	22:43
Hermannsklippe	2.60	22:08	8:30	43	9:44	419	10:44	9.00	1:11:34	7:57	45	31:45	440	33:27
Brocken	3.10	38:00	12:15	45	18:10	431	19:57	12.10	1:49:34	9:03	46	49:38	437	53:24
Eiserner Handwe	3.60	25:43	7:08	44	12:56	445	13:51	15.70	2:15:17	8:37	46	1:01:49	441	1:07:15
Schlüsie	4.10	25:42	6:16	46	13:40	449	14:08	19.80	2:40:59	8:07	45	1:15:08	443	1:21:23
Loddenke	3.10	20:26	6:35	46	10:25	451	11:07	22.90	3:01:25	7:55	45	1:25:04	445	1:32:30
Ilseburg/Markt	3.30	22:53	6:56	45	11:55	448	12:16	26.20	3:24:18	7:47	45	1:36:33	446	1:44:46