



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Saalfeld, David

Club: Magdeburg  
Number: 424

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:27:07

Speed: 7.53 km/h  
Running performance: 7:55 min/km

Rank in course/Total: 540 (of 581)

Rank in course/Men: 450 (of 475)

Best time in course: 1:39:32

Rank in category: 47(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	21:44	6:35	42	8:40	392	8:40	3.30	21:44	6:35	42	8:40	392	8:40
Schlüsie	3.10	23:02	7:25	42	8:54	378	9:24	6.40	44:46	6:59	40	17:21	389	18:03
Hermannsklippe	2.60	22:28	8:38	44	10:04	428	11:04	9.00	1:07:14	7:28	44	27:25	410	29:07
Brocken	3.10	38:55	12:33	46	19:05	438	20:52	12.10	1:46:09	8:46	45	46:13	427	49:59
Eiserner Handwe	3.60	27:10	7:32	46	14:23	458	15:18	15.70	2:13:19	8:29	45	59:51	433	1:05:17
Schlüsie	4.10	28:27	6:56	47	16:25	464	16:53	19.80	2:41:46	8:10	46	1:15:55	446	1:22:10
Loddenke	3.10	21:20	6:52	47	11:19	458	12:01	22.90	3:03:06	7:59	47	1:26:45	449	1:34:11
Ilseburg/Markt	3.30	24:01	7:16	47	13:03	454	13:24	26.20	3:27:07	7:54	47	1:39:22	450	1:47:35