



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Schüler, Sascha

Club: Elbingerode  
Number: 778

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 57:11

Speed: 9.44 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 116 (of 210)

Rank in course/Men: 88 (of 132)

Best time in course: 33:33

Rank in category: 8(of 10)

Best time in the category: 46:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:30	7:11	8	6:11	98	13:10	4.10	29:30	7:11	8	6:11	98	13:10
Loddenke	2.20	11:33	5:15	6	2:12	89	4:48	6.30	41:03	6:30	8	8:23	94	17:56
Ilseburg/Markt	3.30	16:08	4:53	7	2:24	78	5:42	9.60	57:11	5:57	8	10:30	88	23:38