



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |