



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Ernst, Christian

Club: Liebes Lauftagebuch
Number: 131

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:04:37

Speed: 12.61 km/h
Running performance: 4:46 min/km

Rank in course/Total: 28 (of 581)

Rank in course/Men: 28 (of 475)

Best time in course: 1:39:32

Rank in category: 8(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:35	4:43	8	2:31	39	2:31	3.30	15:35	4:43	8	2:31	39	2:31
Schlüsie	3.10	16:54	5:27	10	2:46	40	3:16	6.40	32:29	5:04	8	5:04	37	5:46
Hermannsklippe	2.60	14:17	5:29	8	1:53	32	2:53	9.00	46:46	5:11	8	6:57	36	8:39
Brocken	3.10	23:39	7:37	10	3:49	37	5:36	12.10	1:10:25	5:49	9	10:29	36	14:15
Eiserner Handwe	3.60	15:25	4:16	11	2:38	49	3:33	15.70	1:25:50	5:28	9	12:22	34	17:48
Schlüsie	4.10	14:48	3:36	10	2:46	49	3:14	19.80	1:40:38	5:04	8	14:47	33	21:02
Loddenke	3.10	11:40	3:45	7	1:39	24	2:21	22.90	1:52:18	4:54	8	15:57	31	23:23
Ilseburg/Markt	3.30	12:19	3:43	5	1:21	11	1:42	26.20	2:04:37	4:45	8	16:52	28	25:05