



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Gaede, Christian

Club: MTK Bad Harzburg Abteilung Triathlon  
Number: 158

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:10:18

Speed: 11.97 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 51 (of 581)

Rank in course/Men: 50 (of 475)

Best time in course: 1:39:32

Rank in category: 10(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	15:56	4:49	10	2:52	47	2:52	3.30	15:56	4:49	10	2:52	47	2:52
Schlüsie	3.10	17:27	5:37	14	3:19	58	3:49	6.40	33:23	5:12	11	5:58	51	6:40
Hermannsklippe	2.60	15:07	5:48	13	2:43	60	3:43	9.00	48:30	5:23	13	8:41	51	10:23
Brocken	3.10	25:26	8:12	13	5:36	65	7:23	12.10	1:13:56	6:06	13	14:00	53	17:46
Eiserner Handwe	3.60	15:23	4:16	9	2:36	46	3:31	15.70	1:29:19	5:41	12	15:51	50	21:17
Schlüsie	4.10	14:41	3:34	9	2:39	44	3:07	19.80	1:44:00	5:15	11	18:09	51	24:24
Loddenke	3.10	12:08	3:54	10	2:07	43	2:49	22.90	1:56:08	5:04	10	19:47	51	27:13
Ilseburg/Markt	3.30	14:10	4:17	13	3:12	72	3:33	26.20	2:10:18	4:58	10	22:33	50	30:46