



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Cäsar, Christian

Club: Harz-Gebirgslaufverein Wernigerode
Number: 94

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:10:52

Speed: 11.92 km/h
Running performance: 4:59 min/km

Rank in course/Total: 54 (of 581)

Rank in course/Men: 53 (of 475)

Best time in course: 1:39:32

Rank in category: 10(of 55)

Best time in the category: 1:53:46

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	15:48	4:47	8	2:06	43	2:44	3.30	15:48	4:47	8	2:06	43	2:44
Schlüsie	3.10	17:37	5:40	12	2:33	64	3:59	6.40	33:25	5:13	9	4:37	53	6:42
Hermannsklippe	2.60	15:32	5:58	12	2:37	75	4:08	9.00	48:57	5:26	9	7:05	56	10:50
Brocken	3.10	26:41	8:36	21	6:15	105	8:38	12.10	1:15:38	6:15	13	12:40	71	19:28
Eiserner Handwe	3.60	14:45	4:05	6	1:35	26	2:53	15.70	1:30:23	5:45	12	12:54	59	22:21
Schlüsie	4.10	13:50	3:22	3	1:04	19	2:16	19.80	1:44:13	5:15	10	13:58	53	24:37
Loddenke	3.10	12:03	3:53	9	1:16	40	2:44	22.90	1:56:16	5:04	10	15:03	53	27:21
Ilseburg/Markt	3.30	14:36	4:25	16	2:27	101	3:59	26.20	2:10:52	4:59	10	17:06	53	31:20