



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Albrecht, Lars

Club: Leipzig  
Number: 34

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:11:20

Speed: 11.88 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 55 (of 581)

Rank in course/Men: 54 (of 475)

Best time in course: 1:39:32

Rank in category: 12(of 47)

Best time in the category: 1:47:45

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	16:08	4:53	11	3:04	53	3:04	3.30	16:08	4:53	11	3:04	53	3:04
Schlüsie	3.10	16:52	5:26	8	2:44	37	3:14	6.40	33:00	5:09	10	5:35	42	6:17
Hermannsklippe	2.60	14:44	5:39	12	2:20	47	3:20	9.00	47:44	5:18	9	7:55	40	9:37
Brocken	3.10	25:23	8:11	12	5:33	63	7:20	12.10	1:13:07	6:02	10	13:11	45	16:57
Eiserner Handwe	3.60	15:24	4:16	10	2:37	47	3:32	15.70	1:28:31	5:38	10	15:03	46	20:29
Schlüsie	4.10	16:16	3:58	15	4:14	111	4:42	19.80	1:44:47	5:17	12	18:56	54	25:11
Loddenke	3.10	12:53	4:09	15	2:52	91	3:34	22.90	1:57:40	5:08	12	21:19	55	28:45
Ilseburg/Markt	3.30	13:40	4:08	12	2:42	47	3:03	26.20	2:11:20	5:00	12	23:35	54	31:48