



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Loeser, Sascha

Club: Niedergörsdorf
Number: 311

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:14:36

Speed: 11.68 km/h
Running performance: 5:08 min/km

Rank in course/Total: 74 (of 581)

Rank in course/Men: 71 (of 475)

Best time in course: 1:39:32

Rank in category: 15(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	16:05	4:52	9	2:23	52	3:01	3.30	16:05	4:52	9	2:23	52	3:01
Schlüsie	3.10	17:38	5:41	13	2:34	65	4:00	6.40	33:43	5:16	10	4:55	57	7:00
Hermannsklippe	2.60	15:45	6:03	15	2:50	94	4:21	9.00	49:28	5:29	12	7:36	64	11:21
Brocken	3.10	24:35	7:55	11	4:09	50	6:32	12.10	1:14:03	6:07	11	11:05	56	17:53
Eiserner Handwe	3.60	16:40	4:37	13	3:30	92	4:48	15.70	1:30:43	5:46	13	13:14	63	22:41
Schlüsie	4.10	16:04	3:55	14	3:18	95	4:30	19.80	1:46:47	5:23	13	16:32	63	27:11
Loddenke	3.10	13:02	4:12	14	2:15	99	3:43	22.90	1:59:49	5:13	13	18:36	64	30:54
Ilseburg/Markt	3.30	14:47	4:28	17	2:38	112	4:10	26.20	2:14:36	5:08	15	20:50	71	35:04