



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Giersch, Christian

Club: Bremen
Number: 169

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:39

Speed: 10.94 km/h
Running performance: 5:26 min/km

Rank in course/Total: 127 (of 581)

Rank in course/Men: 122 (of 475)

Best time in course: 1:39:32

Rank in category: 26(of 67)

Best time in the category: 1:39:32

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	17:33	5:19	23	4:28	117	4:29	3.30	17:33	5:19	23	4:28	117	4:29
Schlüsie	3.10	18:59	6:07	25	5:21	132	5:21	6.40	36:32	5:42	24	9:49	127	9:49
Hermannsklippe	2.60	16:29	6:20	25	5:05	122	5:05	9.00	53:01	5:53	25	14:54	133	14:54
Brocken	3.10	27:52	8:59	29	9:49	158	9:49	12.10	1:20:53	6:41	24	24:43	127	24:43
Eiserner Handwe	3.60	16:41	4:38	19	4:49	95	4:49	15.70	1:37:34	6:12	25	29:32	122	29:32
Schlüsie	4.10	16:25	4:00	23	4:51	118	4:51	19.80	1:53:59	5:45	25	34:23	119	34:23
Loddenke	3.10	13:20	4:18	21	4:01	116	4:01	22.90	2:07:19	5:33	26	38:24	120	38:24
Ilseburg/Markt	3.30	15:20	4:38	30	4:43	163	4:43	26.20	2:22:39	5:26	26	43:07	122	43:07