



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Dignas, Christian

Club: TriCologne
Number: 104

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:24:20

Speed: 10.81 km/h
Running performance: 5:31 min/km

Rank in course/Total: 139 (of 581)

Rank in course/Men: 134 (of 475)

Best time in course: 1:39:32

Rank in category: 27(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	17:24	5:16	22	4:19	110	4:20	3.30	17:24	5:16	22	4:19	110	4:20
Schlüsie	3.10	19:11	6:11	28	5:33	147	5:33	6.40	36:35	5:42	25	9:52	130	9:52
Hermannsklippe	2.60	16:29	6:20	25	5:05	122	5:05	9.00	53:04	5:53	26	14:57	135	14:57
Brocken	3.10	27:58	9:01	30	9:55	161	9:55	12.10	1:21:02	6:41	25	24:52	131	24:52
Eiserner Handwe	3.60	17:32	4:52	27	5:40	149	5:40	15.70	1:38:34	6:16	27	30:32	130	30:32
Schlüsie	4.10	17:27	4:15	30	5:53	184	5:53	19.80	1:56:01	5:51	27	36:25	135	36:25
Loddenke	3.10	13:52	4:28	31	4:33	172	4:33	22.90	2:09:53	5:40	27	40:58	138	40:58
Ilseburg/Markt	3.30	14:27	4:22	19	3:50	96	3:50	26.20	2:24:20	5:30	27	44:48	134	44:48