



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Greiner, Mario

Club: N3 Sportverein e.V.
Number: 173

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:24:30

Speed: 10.80 km/h
Running performance: 5:31 min/km

Rank in course/Total: 140 (of 581)

Rank in course/Men: 135 (of 475)

Best time in course: 1:39:32

Rank in category: 18(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	18:36	5:38	26	4:54	192	5:32	3.30	18:36	5:38	26	4:54	192	5:32
Schlüsie	3.10	19:41	6:20	27	4:37	181	6:03	6.40	38:17	5:58	25	9:29	181	11:34
Hermannsklippe	2.60	17:05	6:34	26	4:10	168	5:41	9.00	55:22	6:09	25	13:30	178	17:15
Brocken	3.10	27:12	8:46	24	6:46	126	9:09	12.10	1:22:34	6:49	22	19:36	155	26:24
Eiserner Handwe	3.60	17:04	4:44	18	3:54	119	5:12	15.70	1:39:38	6:20	21	22:09	143	31:36
Schlüsie	4.10	16:41	4:04	16	3:55	130	5:07	19.80	1:56:19	5:52	18	26:04	139	36:43
Loddenke	3.10	13:22	4:18	17	2:35	119	4:03	22.90	2:09:41	5:39	18	28:28	134	40:46
Ilseburg/Markt	3.30	14:49	4:29	18	2:40	113	4:12	26.20	2:24:30	5:30	18	30:44	135	44:58