



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Triebe, Christian

Club: Tappenbeck
Number: 518

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:26:20

Speed: 10.66 km/h
Running performance: 5:35 min/km

Rank in course/Total: 153 (of 581)

Rank in course/Men: 148 (of 475)

Best time in course: 1:39:32

Rank in category: 21(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	17:37	5:20	19	3:55	124	4:33	3.30	17:37	5:20	19	3:55	124	4:33
Schlüsie	3.10	19:12	6:11	22	4:08	152	5:34	6.40	36:49	5:45	22	8:01	143	10:06
Hermannsklippe	2.60	17:03	6:33	24	4:08	166	5:39	9.00	53:52	5:59	21	12:00	142	15:45
Brocken	3.10	29:06	9:23	26	8:40	197	11:03	12.10	1:22:58	6:51	24	20:00	158	26:48
Eiserner Handwe	3.60	17:38	4:53	21	4:28	155	5:46	15.70	1:40:36	6:24	22	23:07	153	32:34
Schlüsie	4.10	17:02	4:09	20	4:16	150	5:28	19.80	1:57:38	5:56	21	27:23	151	38:02
Loddenke	3.10	13:28	4:20	19	2:41	133	4:09	22.90	2:11:06	5:43	21	29:53	149	42:11
Ilseburg/Markt	3.30	15:14	4:36	20	3:05	152	4:37	26.20	2:26:20	5:35	21	32:34	148	46:48