



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Michaelis, Sven

Club: Team Erdinger Alkoholfrei
Number: 343

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:26:34

Speed: 10.64 km/h
Running performance: 5:35 min/km

Rank in course/Total: 158 (of 581)

Rank in course/Men: 153 (of 475)

Best time in course: 1:39:32

Rank in category: 21(of 47)

Best time in the category: 1:47:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	16:58	5:08	15	3:54	88	3:54	3.30	16:58	5:08	15	3:54	88	3:54
Schlüsie	3.10	18:34	5:59	19	4:26	113	4:56	6.40	35:32	5:33	18	8:07	100	8:49
Hermannsklippe	2.60	17:22	6:40	26	4:58	194	5:58	9.00	52:54	5:52	20	13:05	129	14:47
Brocken	3.10	30:15	9:45	29	10:25	240	12:12	12.10	1:23:09	6:52	22	23:13	164	26:59
Eiserner Handwe	3.60	17:03	4:44	16	4:16	117	5:11	15.70	1:40:12	6:22	21	26:44	148	32:10
Schlüsie	4.10	16:52	4:06	22	4:50	142	5:18	19.80	1:57:04	5:54	21	31:13	147	37:28
Loddenke	3.10	13:48	4:27	22	3:47	164	4:29	22.90	2:10:52	5:42	21	34:31	146	41:57
Ilseburg/Markt	3.30	15:42	4:45	27	4:44	199	5:05	26.20	2:26:34	5:35	21	38:49	153	47:02