



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Spannaus, Paul**

Club: TH Ingolstadt  
Number: 488

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:28:31

Speed: 10.50 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 175 (of 581)

Rank in course/Men: 170 (of 475)

Best time in course: 1:39:32

Rank in category: 24(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	17:33	5:19	17	3:51	117	4:29	3.30	17:33	5:19	17	3:51	117	4:29
Schlüsie	3.10	19:02	6:08	21	3:58	138	5:24	6.40	36:35	5:42	20	7:47	130	9:52
Hermannsklippe	2.60	17:30	6:43	32	4:35	210	6:06	9.00	54:05	6:00	22	12:13	145	15:58
Brocken	3.10	29:14	9:25	29	8:48	203	11:11	12.10	1:23:19	6:53	26	20:21	170	27:09
Eiserner Handwe	3.60	18:59	5:16	27	5:49	234	7:07	15.70	1:42:18	6:30	27	24:49	178	34:16
Schlüsie	4.10	17:14	4:12	24	4:28	172	5:40	19.80	1:59:32	6:02	26	29:17	170	39:56
Loddenke	3.10	13:33	4:22	20	2:46	140	4:14	22.90	2:13:05	5:48	24	31:52	165	44:10
Ilseburg/Markt	3.30	15:26	4:40	23	3:17	172	4:49	26.20	2:28:31	5:40	24	34:45	170	48:59