



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Jung, Daniel

Club: Krummwisch
Number: 233

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:31:51

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 209 (of 581)

Rank in course/Men: 200 (of 475)

Best time in course: 1:39:32

Rank in category: 34(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	18:50	5:42	33	5:45	214	5:46	3.30	18:50	5:42	33	5:45	214	5:46
Schlüsse	3.10	19:49	6:23	32	6:11	192	6:11	6.40	38:39	6:02	33	11:56	201	11:56
Hermannsklippe	2.60	17:05	6:34	34	5:41	168	5:41	9.00	55:44	6:11	34	17:37	188	17:37
Brocken	3.10	30:52	9:57	45	12:49	268	12:49	12.10	1:26:36	7:09	38	30:26	216	30:26
Eiserner Handwe	3.60	18:27	5:07	35	6:35	207	6:35	15.70	1:45:03	6:41	36	37:01	214	37:01
Schlüsse	4.10	17:34	4:17	34	6:00	196	6:00	19.80	2:02:37	6:11	35	43:01	207	43:01
Loddenke	3.10	14:05	4:32	33	4:46	185	4:46	22.90	2:16:42	5:58	35	47:47	205	47:47
Ilseburg/Markt	3.30	15:09	4:35	25	4:32	145	4:32	26.20	2:31:51	5:47	34	52:19	200	52:19