



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Bruns, Johannes**

Club: FSV Grün-Weiß Ilseburg  
Number: 640

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:32:33

Speed: 10.23 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 214 (of 581)

Rank in course/Men: 205 (of 475)

Best time in course: 1:39:32

Rank in category: 18(of 36)

Best time in the category: 1:57:34

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	18:24	5:34	16	4:29	176	5:20	3.30	18:24	5:34	16	4:29	176	5:20
Schlüsie	3.10	19:59	6:26	21	5:06	207	6:21	6.40	38:23	5:59	18	9:35	186	11:40
Hermannsklippe	2.60	16:58	6:31	18	4:07	158	5:34	9.00	55:21	6:09	18	13:42	177	17:14
Brocken	3.10	28:58	9:20	21	7:50	193	10:55	12.10	1:24:19	6:58	18	21:32	183	28:09
Eiserner Handwe	3.60	22:49	6:20	33	9:09	389	10:57	15.70	1:47:08	6:49	24	29:17	244	39:06
Schlüsie	4.10	17:01	4:09	15	3:56	148	5:27	19.80	2:04:09	6:16	22	30:26	224	44:33
Loddenke	3.10	13:23	4:19	14	2:13	124	4:04	22.90	2:17:32	6:00	21	32:39	213	48:37
Ilseburg/Markt	3.30	15:01	4:33	12	2:20	129	4:24	26.20	2:32:33	5:49	18	34:59	205	53:01