



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Prygodda, Sven

Club: SV Schauen
Number: 391

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:33:06

Speed: 10.27 km/h
Running performance: 5:50 min/km

Rank in course/Total: 219 (of 581)

Rank in course/Men: 209 (of 475)

Best time in course: 1:39:32

Rank in category: 37(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:52	6:19	55	7:47	335	7:48	3.30	20:52	6:19	55	7:47	335	7:48
Schlüsie	3.10	20:51	6:43	45	7:13	267	7:13	6.40	41:43	6:31	51	15:00	296	15:00
Hermannsklippe	2.60	17:12	6:36	35	5:48	180	5:48	9.00	58:55	6:32	46	20:48	275	20:48
Brocken	3.10	27:21	8:49	27	9:18	132	9:18	12.10	1:26:16	7:07	36	30:06	212	30:06
Eiserner Handwe	3.60	19:05	5:18	43	7:13	242	7:13	15.70	1:45:21	6:42	37	37:19	220	37:19
Schlüsie	4.10	18:01	4:23	40	6:27	225	6:27	19.80	2:03:22	6:13	37	43:46	215	43:46
Loddenke	3.10	14:27	4:39	36	5:08	215	5:08	22.90	2:17:49	6:01	38	48:54	214	48:54
Ilseburg/Markt	3.30	15:17	4:37	28	4:40	156	4:40	26.20	2:33:06	5:50	37	53:34	209	53:34