



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Samp, Alexander

Club: Whiskey Running Team  
Number: 7

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:33:07

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

Rank in course/Total: 220 (of 581)

Rank in course/Men: 210 (of 475)

Best time in course: 1:39:32

Rank in category: 38(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	18:41	5:39	32	5:36	200	5:37	3.30	18:41	5:39	32	5:36	200	5:37
Schlüsie	3.10	20:10	6:30	38	6:32	225	6:32	6.40	38:51	6:04	35	12:08	208	12:08
Hermannsklippe	2.60	18:12	6:59	45	6:48	255	6:48	9.00	57:03	6:20	36	18:56	221	18:56
Brocken	3.10	30:56	9:58	46	12:53	269	12:53	12.10	1:27:59	7:16	40	31:49	241	31:49
Eiserner Handwe	3.60	17:59	4:59	31	6:07	176	6:07	15.70	1:45:58	6:44	38	37:56	225	37:56
Schlüsie	4.10	17:22	4:14	29	5:48	180	5:48	19.80	2:03:20	6:13	36	43:44	213	43:44
Loddenke	3.10	14:02	4:31	32	4:43	182	4:43	22.90	2:17:22	5:59	37	48:27	211	48:27
Ilseburg/Markt	3.30	15:45	4:46	35	5:08	204	5:08	26.20	2:33:07	5:50	38	53:35	210	53:35