



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Langner, Nils

Club: Moringen
Number: 298

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:34:14

Speed: 10.19 km/h
Running performance: 5:53 min/km

Rank in course/Total: 227 (of 581)

Rank in course/Men: 216 (of 475)

Best time in course: 1:39:32

Rank in category: 21(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	20:28	6:12	28	6:33	306	7:24	3.30	20:28	6:12	28	6:33	306	7:24
Schlüsie	3.10	21:10	6:49	27	6:17	293	7:32	6.40	41:38	6:30	27	12:50	292	14:55
Hermannsklippe	2.60	17:48	6:50	26	4:57	230	6:24	9.00	59:26	6:36	26	17:47	283	21:19
Brocken	3.10	28:27	9:10	18	7:19	179	10:24	12.10	1:27:53	7:15	24	25:06	237	31:43
Eiserner Handwe	3.60	18:28	5:07	19	4:48	209	6:36	15.70	1:46:21	6:46	23	28:30	231	38:19
Schlüsie	4.10	18:05	4:24	22	5:00	228	6:31	19.80	2:04:26	6:17	23	30:43	226	44:50
Loddenke	3.10	14:01	4:31	19	2:51	180	4:42	22.90	2:18:27	6:02	23	33:34	222	49:32
Ilseburg/Markt	3.30	15:47	4:46	15	3:06	208	5:10	26.20	2:34:14	5:53	21	36:40	216	54:42