



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Birla, Clemens**

Club: Dernau  
Number: 65

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:35:50

Speed: 10.01 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 241 (of 581)

Rank in course/Men: 230 (of 475)

Best time in course: 1:39:32

Rank in category: 31(of 55)

Best time in the category: 1:53:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	20:23	6:10	34	6:41	303	7:19	3.30	20:23	6:10	34	6:41	303	7:19				
Schlüsie	3.10	20:22	6:34	34	5:18	240	6:44	6.40	40:45	6:22	35	11:57	264	14:02				
Hermannsklippe	2.60	17:29	6:43	31	4:34	208	6:05	9.00	58:14	6:28	35	16:22	256	20:07				
Brocken	3.10	29:56	9:39	31	9:30	229	11:53	12.10	1:28:10	7:17	33	25:12	246	32:00				
Eiserner Handwe	3.60	19:03	5:17	29	5:53	241	7:11	15.70	1:47:13	6:49	32	29:44	246	39:11				
Schlüsie	4.10	18:00	4:23	28	5:14	224	6:26	19.80	2:05:13	6:19	32	34:58	238	45:37				
Loddenke	3.10	14:26	4:39	28	3:39	213	5:07	22.90	2:19:39	6:05	31	38:26	232	50:44				
Ilseburg/Markt	3.30	16:11	4:54	31	4:02	232	5:34	26.20	2:35:50	5:56	31	42:04	230	56:18				