



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Jagus, David

Club: Rübeld

Number: 222

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:37:13

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 263 (of 581)

Rank in course/Men: 250 (of 475)

Best time in course: 1:39:32

Rank in category: 42(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	20:11	6:06	47	7:06	289	7:07	3.30	20:11	6:06	47	7:06	289	7:07
Schlüsse	3.10	20:12	6:30	40	6:34	228	6:34	6.40	40:23	6:18	43	13:40	257	13:40
Hermannsklippe	2.60	17:15	6:38	36	5:51	182	5:51	9.00	57:38	6:24	39	19:31	241	19:31
Brocken	3.10	28:51	9:18	38	10:48	187	10:48	12.10	1:26:29	7:08	37	30:19	215	30:19
Eiserner Handwe	3.60	18:21	5:05	34	6:29	199	6:29	15.70	1:44:50	6:40	35	36:48	212	36:48
Schlüsse	4.10	20:58	5:06	57	9:24	368	9:24	19.80	2:05:48	6:21	41	46:12	248	46:12
Loddenke	3.10	15:00	4:50	42	5:41	261	5:41	22.90	2:20:48	6:08	41	51:53	250	51:53
Ilseburg/Markt	3.30	16:25	4:58	40	5:48	247	5:48	26.20	2:37:13	6:00	42	57:41	250	57:41