



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Böhm, Alexander

Club: Münster
Number: 69

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:38:10

Speed: 9.86 km/h
Running performance: 6:02 min/km

Rank in course/Total: 269 (of 581)

Rank in course/Men: 256 (of 475)

Best time in course: 1:39:32

Rank in category: 28(of 47)

Best time in the category: 1:47:45

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	20:05	6:05	29	7:01	285	7:01	3.30	20:05	6:05	29	7:01	285	7:01
Schlüsie	3.10	21:08	6:49	32	7:00	288	7:30	6.40	41:13	6:26	29	13:48	279	14:30
Hermannsklippe	2.60	18:02	6:56	30	5:38	244	6:38	9.00	59:15	6:34	33	19:26	282	21:08
Brocken	3.10	30:26	9:49	30	10:36	251	12:23	12.10	1:29:41	7:24	31	29:45	269	33:31
Eiserner Handwe	3.60	19:21	5:22	28	6:34	259	7:29	15.70	1:49:02	6:56	29	35:34	267	41:00
Schlüsie	4.10	18:10	4:25	29	6:08	237	6:36	19.80	2:07:12	6:25	29	41:21	263	47:36
Loddenke	3.10	14:37	4:42	30	4:36	228	5:18	22.90	2:21:49	6:11	29	45:28	258	52:54
Ilseburg/Markt	3.30	16:21	4:57	32	5:23	243	5:44	26.20	2:38:10	6:02	28	50:25	256	58:38