



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Alig, Stefan

Club: stefan.alig@gmx.de
Number: 584

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:40:02

Speed: 9.82 km/h
Running performance: 6:07 min/km

Rank in course/Total: 288 (of 581)

Rank in course/Men: 272 (of 475)

Best time in course: 1:39:32

Rank in category: 31(of 47)

Best time in the category: 1:47:45

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men				
Loddenke	3.30	19:12	5:49	25	6:08	234	6:08	3.30	19:12	5:49	25	6:08	234	6:08
Schlüsie	3.10	19:18	6:13	22	5:10	161	5:40	6.40	38:30	6:00	22	11:05	196	11:47
Hermannsklippe	2.60	17:21	6:40	25	4:57	193	5:57	9.00	55:51	6:12	22	16:02	192	17:44
Brocken	3.10	31:58	10:18	34	12:08	299	13:55	12.10	1:27:49	7:15	28	27:53	235	31:39
Eiserner Handwe	3.60	18:48	5:13	26	6:01	228	6:56	15.70	1:46:37	6:47	28	33:09	235	38:35
Schlüsie	4.10	16:50	4:06	21	4:48	138	5:16	19.80	2:03:27	6:14	28	37:36	216	43:51
Loddenke	3.10	16:24	5:17	36	6:23	352	7:05	22.90	2:19:51	6:06	28	43:30	235	50:56
Ilseburg/Markt	3.30	20:11	6:06	41	9:13	417	9:34	26.20	2:40:02	6:06	31	52:17	272	1:00:30