



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: 9.75 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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | | | Pos Men | Behind 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 |