



# 49. Brockenlauf

Ilseburg / 07.09.2019

## Detailed evaluation

### Anlauf, Carsten

Club: Iserlohn  
Number: 38

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:44:18

Speed: 9.49 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 313 (of 581)

Rank in course/Men: 291 (of 475)

Best time in course: 1:39:32

Rank in category: 32(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:52	6:55	44	9:48	420	9:48	3.30	22:52	6:55	44	9:48	420	9:48
Schlüsie	3.10	22:04	7:07	38	7:56	343	8:26	6.40	44:56	7:01	41	17:31	392	18:13
Hermannsklippe	2.60	18:33	7:08	34	6:09	284	7:09	9.00	1:03:29	7:03	38	23:40	359	25:22
Brocken	3.10	31:33	10:10	33	11:43	288	13:30	12.10	1:35:02	7:51	36	35:06	331	38:52
Eiserner Handwe	3.60	20:21	5:39	31	7:34	306	8:29	15.70	1:55:23	7:20	35	41:55	328	47:21
Schlüsie	4.10	18:30	4:30	31	6:28	253	6:56	19.80	2:13:53	6:45	34	48:02	315	54:17
Loddenke	3.10	14:41	4:44	31	4:40	233	5:22	22.90	2:28:34	6:29	33	52:13	306	59:39
Ilseburg/Markt	3.30	15:44	4:46	29	4:46	202	5:07	26.20	2:44:18	6:16	32	56:33	291	1:04:46