



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Griese, Alexander

Club: Delbrück
Number: 175

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:45:23

Speed: 9.43 km/h
Running performance: 6:19 min/km

Rank in course/Total: 324 (of 581)

Rank in course/Men: 297 (of 475)

Best time in course: 1:39:32

Rank in category: 33(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	20:20	6:09	30	7:16	298	7:16	3.30	20:20	6:09	30	7:16	298	7:16
Schlüsie	3.10	21:41	6:59	36	7:33	323	8:03	6.40	42:01	6:33	33	14:36	310	15:18
Hermannsklippe	2.60	18:12	6:59	32	5:48	255	6:48	9.00	1:00:13	6:41	34	20:24	294	22:06
Brocken	3.10	29:12	9:25	25	9:22	200	11:09	12.10	1:29:25	7:23	30	29:29	265	33:15
Eiserner Handwe	3.60	21:41	6:01	39	8:54	358	9:49	15.70	1:51:06	7:04	32	37:38	283	43:04
Schlüsie	4.10	21:10	5:09	40	9:08	376	9:36	19.80	2:12:16	6:40	33	46:25	296	52:40
Loddenke	3.10	16:25	5:17	37	6:24	353	7:06	22.90	2:28:41	6:29	34	52:20	308	59:46
Ilseburg/Markt	3.30	16:42	5:03	33	5:44	263	6:05	26.20	2:45:23	6:18	33	57:38	297	1:05:51