



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

John, Christopher

Club: für die Familie!
Number: 230

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:47:53

Speed: 9.29 km/h
Running performance: 6:25 min/km

Rank in course/Total: 348 (of 581)

Rank in course/Men: 318 (of 475)

Best time in course: 1:39:32

Rank in category: 35(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	21:05	6:23	37	8:01	348	8:01	3.30	21:05	6:23	37	8:01	348	8:01
Schlüsie	3.10	20:28	6:36	26	6:20	245	6:50	6.40	41:33	6:29	31	14:08	290	14:50
Hermannsklippe	2.60	17:18	6:39	23	4:54	187	5:54	9.00	58:51	6:32	30	19:02	273	20:44
Brocken	3.10	32:05	10:20	36	12:15	302	14:02	12.10	1:30:56	7:30	33	31:00	283	34:46
Eiserner Handwe	3.60	20:42	5:45	32	7:55	322	8:50	15.70	1:51:38	7:06	33	38:10	290	43:36
Schlüsie	4.10	20:10	4:55	34	8:08	323	8:36	19.80	2:11:48	6:39	32	45:57	292	52:12
Loddenke	3.10	16:36	5:21	38	6:35	361	7:17	22.90	2:28:24	6:28	32	52:03	304	59:29
Ilseburg/Markt	3.30	19:29	5:54	38	8:31	390	8:52	26.20	2:47:53	6:24	35	1:00:08	318	1:08:21