



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Einax, Christian

Club: Isv thierschneck  
Number: 126

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:52:56

Speed: 9.02 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 381 (of 581)

Rank in course/Men: 344 (of 475)

Best time in course: 1:39:32

Rank in category: 55(of 67)

Best time in the category: 1:39:32

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	22:32	6:49	61	9:27	413	9:28	3.30	22:32	6:49	61	9:27	413	9:28
Schlüsie	3.10	21:56	7:04	55	8:18	339	8:18	6.40	44:28	6:56	59	17:45	383	17:45
Hermannsklippe	2.60	18:57	7:17	52	7:33	303	7:33	9.00	1:03:25	7:02	58	25:18	357	25:18
Brocken	3.10	28:14	9:06	35	10:11	174	10:11	12.10	1:31:39	7:34	49	35:29	294	35:29
Eiserner Handwe	3.60	23:38	6:33	62	11:46	406	11:46	15.70	1:55:17	7:20	55	47:15	326	47:15
Schlüsie	4.10	22:21	5:27	64	10:47	408	10:47	19.80	2:17:38	6:57	56	58:02	342	58:02
Loddenke	3.10	18:50	6:04	65	9:31	432	9:31	22.90	2:36:28	6:49	58	1:07:33	360	1:07:33
Ilseburg/Markt	3.30	16:28	4:59	41	5:51	250	5:51	26.20	2:52:56	6:36	55	1:13:24	344	1:13:24