



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Grösche, Christian

Club: Braunschweig
Number: 178

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:53:05

Speed: 9.08 km/h
Running performance: 6:37 min/km

Rank in course/Total: 382 (of 581)

Rank in course/Men: 345 (of 475)

Best time in course: 1:39:32

Rank in category: 41(of 55)

Best time in the category: 1:53:46

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	21:03	6:22	42	7:21	344	7:59	3.30	21:03	6:22	42	7:21	344	7:59
Schlüsie	3.10	21:26	6:54	40	6:22	304	7:48	6.40	42:29	6:38	40	13:41	330	15:46
Hermannsklippe	2.60	18:25	7:05	38	5:30	269	7:01	9.00	1:00:54	6:46	39	19:02	309	22:47
Brocken	3.10	33:10	10:41	41	12:44	328	15:07	12.10	1:34:04	7:46	39	31:06	319	37:54
Eiserner Handwe	3.60	20:57	5:49	42	7:47	339	9:05	15.70	1:55:01	7:19	38	37:32	320	46:59
Schlüsie	4.10	19:56	4:51	42	7:10	312	8:22	19.80	2:14:57	6:48	40	44:42	325	55:21
Loddenke	3.10	17:03	5:30	47	6:16	379	7:44	22.90	2:32:00	6:38	40	50:47	326	1:03:05
Ilseburg/Markt	3.30	21:05	6:23	51	8:56	432	10:28	26.20	2:53:05	6:36	41	59:19	345	1:13:33