



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Arndt, Christopher

Club: TSV Lelm  
Number: 41

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:59:38

Speed: 8.75 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 433 (of 581)

Rank in course/Men: 386 (of 475)

Best time in course: 1:39:32

Rank in category: 48(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	21:32	6:31	49	7:50	384	8:28	3.30	21:32	6:31	49	7:50	384	8:28
Schlüsie	3.10	22:08	7:08	43	7:04	347	8:30	6.40	43:40	6:49	45	14:52	360	16:57
Hermannsklippe	2.60	20:36	7:55	45	7:41	370	9:12	9.00	1:04:16	7:08	45	22:24	370	26:09
Brocken	3.10	29:12	9:25	28	8:46	200	11:09	12.10	1:33:28	7:43	38	30:30	312	37:18
Eiserner Handwe	3.60	23:42	6:34	49	10:32	408	11:50	15.70	1:57:10	7:27	41	39:41	345	49:08
Schlüsie	4.10	25:03	6:06	55	12:17	445	13:29	19.80	2:22:13	7:10	46	51:58	371	1:02:37
Loddenke	3.10	17:33	5:39	50	6:46	402	8:14	22.90	2:39:46	6:58	46	58:33	375	1:10:51
Ilseburg/Markt	3.30	19:52	6:01	49	7:43	409	9:15	26.20	2:59:38	6:51	48	1:05:52	386	1:20:06