



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Arefiev, Oleksandr

Club: DAV Braunschweig
Number: 39

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:03:00

Speed: 8.59 km/h
Running performance: 6:59 min/km

Rank in course/Total: 456 (of 581)

Rank in course/Men: 403 (of 475)

Best time in course: 1:39:32

Rank in category: 42(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	20:33	6:13	32	7:29	314	7:29	3.30	20:33	6:13	32	7:29	314	7:29
Schlüsle	3.10	25:10	8:07	45	11:02	427	11:32	6.40	45:43	7:08	43	18:18	399	19:00
Hermannsklippe	2.60	20:54	8:02	41	8:30	383	9:30	9.00	1:06:37	7:24	43	26:48	406	28:30
Brocken	3.10	34:46	11:12	41	14:56	386	16:43	12.10	1:41:23	8:22	42	41:27	399	45:13
Eiserner Handwe	3.60	21:38	6:00	38	8:51	356	9:46	15.70	2:03:01	7:50	42	49:33	389	54:59
Schlüsle	4.10	21:29	5:14	41	9:27	385	9:55	19.80	2:24:30	7:17	41	58:39	386	1:04:54
Loddenke	3.10	18:23	5:55	42	8:22	425	9:04	22.90	2:42:53	7:06	42	1:06:32	395	1:13:58
Ilseburg/Markt	3.30	20:07	6:05	40	9:09	415	9:30	26.20	3:03:00	6:59	42	1:15:15	403	1:23:28