



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Sprenger, Jon

Club: Hannover
Number: 489

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:15:38

Speed: 7.97 km/h
Running performance: 7:28 min/km

Rank in course/Total: 503 (of 581)

Rank in course/Men: 431 (of 475)

Best time in course: 1:39:32

Rank in category: 53(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. | Stage score | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|----------|-------------|-------------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Loddenke | 3.30 | 24:36 | 7:27 | 55 | 10:54 | 456 | 11:32 | 3.30 | 24:36 | 7:27 | 55 | 10:54 | 456 | 11:32 |
| Schlüsie | 3.10 | 26:21 | 8:30 | 55 | 11:17 | 446 | 12:43 | 6.40 | 50:57 | 7:57 | 55 | 22:09 | 449 | 24:14 |
| Hermannsklippe | 2.60 | 23:08 | 8:53 | 54 | 10:13 | 434 | 11:44 | 9.00 | 1:14:05 | 8:13 | 55 | 32:13 | 451 | 35:58 |
| Brocken | 3.10 | 36:21 | 11:43 | 53 | 15:55 | 415 | 18:18 | 12.10 | 1:50:26 | 9:07 | 54 | 47:28 | 440 | 54:16 |
| Eiserner Handwe | 3.60 | 22:19 | 6:11 | 45 | 9:09 | 377 | 10:27 | 15.70 | 2:12:45 | 8:27 | 54 | 55:16 | 431 | 1:04:43 |
| Schlüsie | 4.10 | 22:14 | 5:25 | 52 | 9:28 | 402 | 10:40 | 19.80 | 2:34:59 | 7:49 | 54 | 1:04:44 | 430 | 1:15:23 |
| Loddenke | 3.10 | 18:21 | 5:55 | 54 | 7:34 | 424 | 9:02 | 22.90 | 2:53:20 | 7:34 | 53 | 1:12:07 | 430 | 1:24:25 |
| Ilseburg/Markt | 3.30 | 22:18 | 6:45 | 53 | 10:09 | 440 | 11:41 | 26.20 | 3:15:38 | 7:28 | 53 | 1:21:52 | 431 | 1:36:06 |