



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Medenwald, Daniel

Club: LAC Aschersleben  
Number: 537

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:49:19

Speed: 14.27 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 2 (of 506)

Rank in course/Men: 2 (of 416)

Best time in course: 1:44:43

Rank in category: 1(of 45)

Best time in the category: 1:49:19

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	13:26	4:04	1	-	1	-	3.30	13:26	4:04	1	-	1	-
Bremer Hütte	2.40	11:06	4:37	1	-	1	-	5.70	24:32	4:18	1	-	1	-
Hermannsklippe	3.30	14:54	4:30	1	-	2	0:02	9.00	39:26	4:22	1	-	2	0:01
Brocken	3.10	19:00	6:07	1	-	2	0:39	12.10	58:26	4:49	1	-	2	0:40
Eiserner Handwe	3.60	13:49	3:50	3	0:44	10	1:17	15.70	1:12:15	4:36	1	-	2	1:57
Bremer Hütte	4.10	15:45	3:50	2	0:08	8	0:51	19.80	1:28:00	4:26	1	-	2	2:31
Loddenke	3.10	8:41	2:48	2	0:34	8	0:43	22.90	1:36:41	4:13	1	-	3	3:14
Ilseburg/Markt	3.30	12:38	3:49	2	1:09	9	1:22	26.20	1:49:19	4:10	1	-	2	4:36