



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Krüger, Carsten

Club: LAC Olympia 88 Berlin
Number: 227

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:50:50

Speed: 14.08 km/h
Running performance: 4:14 min/km

Rank in course/Total: 4 (of 506)

Rank in course/Men: 4 (of 416)

Best time in course: 1:44:43

Rank in category: 2(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	13:28	4:04	2	0:02	5	0:02	3.30	13:28	4:04	2	0:02	5	0:02
Bremer Hütte	2.40	12:08	5:03	2	1:02	7	1:02	5.70	25:36	4:29	2	1:04	5	1:04
Hermannsklippe	3.30	16:28	4:59	3	1:34	7	1:36	9.00	42:04	4:40	2	2:38	5	2:39
Brocken	3.10	20:28	6:36	2	1:28	5	2:07	12.10	1:02:32	5:10	2	4:06	5	4:46
Eiserner Handwe	3.60	13:05	3:38	1	-	2	0:33	15.70	1:15:37	4:48	2	3:22	5	5:19
Bremer Hütte	4.10	15:37	3:48	1	-	6	0:43	19.80	1:31:14	4:36	2	3:14	5	5:45
Loddenke	3.10	8:07	2:37	1	-	4	0:09	22.90	1:39:21	4:20	2	2:40	5	5:54
Ilseburg/Markt	3.30	11:29	3:28	1	-	2	0:13	26.20	1:50:50	4:13	2	1:31	4	6:07