



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Neumann, Christian

Club: Trias Hildesheim
Number: 501

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:51:00

Speed: 14.05 km/h
Running performance: 4:14 min/km

Rank in course/Total: 5 (of 506)

Rank in course/Men: 5 (of 416)

Best time in course: 1:44:43

Rank in category: 1(of 66)

Best time in the category: 1:51:00

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	13:46	4:10	2	0:20	8	0:20	3.30	13:46	4:10	2	0:20	8	0:20
Bremer Hütte	2.40	12:01	5:00	2	0:37	6	0:55	5.70	25:47	4:31	2	0:57	7	1:15
Hermannsklippe	3.30	16:23	4:57	2	0:50	6	1:31	9.00	42:10	4:41	2	1:47	6	2:45
Brocken	3.10	20:22	6:34	1	-	4	2:01	12.10	1:02:32	5:10	2	1:38	5	4:46
Eiserner Handwe	3.60	13:19	3:41	2	0:05	6	0:47	15.70	1:15:51	4:49	2	1:43	6	5:33
Bremer Hütte	4.10	15:30	3:46	1	-	3	0:36	19.80	1:31:21	4:36	2	1:01	6	5:52
Loddenke	3.10	8:00	2:34	1	-	2	0:02	22.90	1:39:21	4:20	2	0:10	5	5:54
Ilseburg/Markt	3.30	11:39	3:31	1	-	3	0:23	26.20	1:51:00	4:14	1	-	5	6:17