



48. Brockenlauf

Ilseburg / 01.09.2018

Detailed evaluation

Reinecke, Frank

Club: Brockenlaufverein
Number: 23

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:58:53

Speed: 13.22 km/h
Running performance: 4:32 min/km

Rank in course/Total: 11 (of 506)

Rank in course/Men: 11 (of 416)

Best time in course: 1:44:43

Rank in category: 3(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	14:37	4:25	3	1:11	15	1:11	3.30	14:37	4:25	3	1:11	15	1:11
Bremer Hütte	2.40	12:56	5:23	4	1:32	18	1:50	5.70	27:33	4:50	3	2:43	16	3:01
Hermannsklippe	3.30	17:21	5:15	3	1:48	16	2:29	9.00	44:54	4:59	3	4:31	15	5:29
Brocken	3.10	22:05	7:07	3	1:43	14	3:44	12.10	1:06:59	5:32	3	6:05	15	9:13
Eiserner Handwe	3.60	13:50	3:50	3	0:36	11	1:18	15.70	1:20:49	5:08	3	6:41	14	10:31
Bremer Hütte	4.10	16:17	3:58	3	0:47	11	1:23	19.80	1:37:06	4:54	3	6:46	13	11:37
Loddenke	3.10	8:51	2:51	2	0:51	13	0:53	22.90	1:45:57	4:37	3	6:46	12	12:30
Ilseburg/Markt	3.30	12:56	3:55	3	1:17	13	1:40	26.20	1:58:53	4:32	3	7:53	11	14:10