



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Thies, Raphael

Club: Göttingen
Number: 389

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:59:19

Speed: 13.07 km/h
Running performance: 4:33 min/km

Rank in course/Total: 12 (of 506)

Rank in course/Men: 12 (of 416)

Best time in course: 1:44:43

Rank in category: 2(of 58)

Best time in the category: 1:54:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking						
	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	14:33	4:24	3	0:28	13	1:07	3.30	14:33	4:24	3	0:28	13	1:07	
Bremer Hütte	2.40	12:31	5:12	1	-	10	1:25	5.70	27:04	4:44	3	0:25	13	2:32	
Hermannsklippe	3.30	16:38	5:02	1	-	9	1:46	9.00	43:42	4:51	2	0:04	12	4:17	
Brocken	3.10	20:37	6:39	1	-	7	2:16	12.10	1:04:19	5:18	1	-	8	6:33	
Eiserner Handwe	3.60	14:33	4:02	3	1:16	16	2:01	15.70	1:18:52	5:01	2	0:51	9	8:34	
Bremer Hütte	4.10	17:28	4:15	6	1:57	23	2:34	19.80	1:36:20	4:51	2	2:48	10	10:51	
Loddenke	3.10	9:12	2:58	6	0:52	26	1:14	22.90	1:45:32	4:36	2	3:40	11	12:05	
Ilseburg/Markt	3.30	13:47	4:10	10	1:20	47	2:31	26.20	1:59:19	4:33	2	5:00	12	14:36	