



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Holland, Marcel

Club: NSV Wernigerode
Number: 481

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:01:46

Speed: 12.81 km/h
Running performance: 4:39 min/km

Rank in course/Total: 16 (of 506)

Rank in course/Men: 15 (of 416)

Best time in course: 1:44:43

Rank in category: 3(of 48)

Best time in the category: 1:44:43

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	13:32	4:06	2	0:06	6	0:06	3.30	13:32	4:06	2	0:06	6	0:06
Bremer Hütte	2.40	12:16	5:06	2	1:09	8	1:10	5.70	25:48	4:31	2	1:15	8	1:16
Hermannsklippe	3.30	16:51	5:06	2	1:59	10	1:59	9.00	42:39	4:44	2	3:14	9	3:14
Brocken	3.10	22:07	7:08	2	3:46	15	3:46	12.10	1:04:46	5:21	2	7:00	11	7:00
Eiserner Handwe	3.60	14:16	3:57	3	1:44	13	1:44	15.70	1:19:02	5:02	2	8:44	10	8:44
Bremer Hütte	4.10	17:57	4:22	9	2:46	39	3:03	19.80	1:36:59	4:53	3	11:30	12	11:30
Loddenke	3.10	11:04	3:34	16	3:06	140	3:06	22.90	1:48:03	4:43	3	14:36	15	14:36
Ilseburg/Markt	3.30	13:43	4:09	8	2:27	43	2:27	26.20	2:01:46	4:38	3	17:03	15	17:03