



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hilker, Daniel

Club: Hannover 96 Triathlon
Number: 478

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:02:39

Speed: 12.82 km/h
Running performance: 4:41 min/km

Rank in course/Total: 18 (of 506)

Rank in course/Men: 17 (of 416)

Best time in course: 1:44:43

Rank in category: 5(of 45)

Best time in the category: 1:49:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Loddenke	3.30	16:03	4:51	7	2:37	40	2:37	3.30	16:03	4:51	7	2:37	40	2:37
Bremer Hütte	2.40	12:36	5:15	5	1:30	14	1:30	5.70	28:39	5:01	5	4:07	24	4:07
Hermannsklippe	3.30	17:29	5:17	5	2:35	18	2:37	9.00	46:08	5:07	5	6:42	21	6:43
Brocken	3.10	21:26	6:54	4	2:26	10	3:05	12.10	1:07:34	5:35	5	9:08	17	9:48
Eiserner Handwe	3.60	14:24	4:00	4	1:19	14	1:52	15.70	1:21:58	5:13	5	9:43	17	11:40
Bremer Hütte	4.10	17:58	4:22	7	2:21	40	3:04	19.80	1:39:56	5:02	5	11:56	17	14:27
Loddenke	3.10	9:17	2:59	5	1:10	29	1:19	22.90	1:49:13	4:46	5	12:32	18	15:46
Ilseburg/Markt	3.30	13:26	4:04	6	1:57	28	2:10	26.20	2:02:39	4:40	5	13:20	17	17:56