



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Cabak, Guido

Club: NSV Wernigerode
Number: 454

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:03:24

Speed: 12.74 km/h
Running performance: 4:43 min/km

Rank in course/Total: 19 (of 506)

Rank in course/Men: 18 (of 416)

Best time in course: 1:44:43

Rank in category: 4(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	15:07	4:34	4	1:41	21	1:41	3.30	15:07	4:34	4	1:41	21	1:41
Bremer Hütte	2.40	13:11	5:29	4	2:04	24	2:05	5.70	28:18	4:57	4	3:45	21	3:46
Hermannsklippe	3.30	18:07	5:29	4	3:15	25	3:15	9.00	46:25	5:09	4	7:00	22	7:00
Brocken	3.10	22:13	7:09	4	3:52	18	3:52	12.10	1:08:38	5:40	4	10:52	20	10:52
Eiserner Handwe	3.60	14:50	4:07	5	2:18	20	2:18	15.70	1:23:28	5:18	4	13:10	20	13:10
Bremer Hütte	4.10	17:28	4:15	5	2:17	23	2:34	19.80	1:40:56	5:05	4	15:27	19	15:27
Loddenke	3.10	9:10	2:57	6	1:12	24	1:12	22.90	1:50:06	4:48	4	16:39	19	16:39
Ilseburg/Markt	3.30	13:18	4:01	5	2:02	22	2:02	26.20	2:03:24	4:42	4	18:41	18	18:41