



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Fahning, Birger

Club: Hamburg  
Number: 114

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:05:08

Speed: 12.47 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 24 (of 506)

Rank in course/Men: 23 (of 416)

Best time in course: 1:44:43

Rank in category: 5(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	14:43	4:27	4	1:17	17	1:17	3.30	14:43	4:27	4	1:17	17	1:17
Bremer Hütte	2.40	12:54	5:22	3	1:30	17	1:48	5.70	27:37	4:50	4	2:47	17	3:05
Hermannsklippe	3.30	17:37	5:20	4	2:04	19	2:45	9.00	45:14	5:01	4	4:51	16	5:49
Brocken	3.10	22:41	7:19	4	2:19	22	4:20	12.10	1:07:55	5:36	4	7:01	18	10:09
Eiserner Handwe	3.60	15:56	4:25	7	2:42	51	3:24	15.70	1:23:51	5:20	4	9:43	21	13:33
Bremer Hütte	4.10	18:23	4:29	11	2:53	51	3:29	19.80	1:42:14	5:09	5	11:54	23	16:45
Loddenke	3.10	9:20	3:00	6	1:20	30	1:22	22.90	1:51:34	4:52	5	12:23	23	18:07
Ilseburg/Markt	3.30	13:34	4:06	7	1:55	34	2:18	26.20	2:05:08	4:46	5	14:08	23	20:25