



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Wadehn, Ricky

Club: Brockenlaufverein
Number: 408

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:06:10

Speed: 12.36 km/h
Running performance: 4:49 min/km

Rank in course/Total: 27 (of 506)

Rank in course/Men: 26 (of 416)

Best time in course: 1:44:43

Rank in category: 7(of 58)

Best time in the category: 1:54:19

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	15:43	4:45	10	1:38	32	2:17	3.30	15:43	4:45	10	1:38	32	2:17
Bremer Hütte	2.40	13:10	5:29	7	0:39	23	2:04	5.70	28:53	5:04	8	2:14	29	4:21
Hermannsklippe	3.30	17:38	5:20	5	1:00	20	2:46	9.00	46:31	5:10	7	2:53	23	7:06
Brocken	3.10	23:53	7:42	10	3:16	34	5:32	12.10	1:10:24	5:49	7	6:05	24	12:38
Eiserner Handwe	3.60	15:16	4:14	7	1:59	29	2:44	15.70	1:25:40	5:27	7	7:39	25	15:22
Bremer Hütte	4.10	17:20	4:13	5	1:49	19	2:26	19.80	1:43:00	5:12	7	9:28	24	17:31
Loddenke	3.10	9:35	3:05	11	1:15	40	1:37	22.90	1:52:35	4:54	7	10:43	24	19:08
Ilseburg/Markt	3.30	13:35	4:06	7	1:08	35	2:19	26.20	2:06:10	4:48	7	11:51	26	21:27