



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Christ, Jörn

Club: SV scn energy Torgelow  
Number: 82

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:08:15

Speed: 12.16 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 31 (of 506)

Rank in course/Men: 29 (of 416)

Best time in course: 1:44:43

Rank in category: 8(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	16:03	4:51	11	1:58	40	2:37	3.30	16:03	4:51	11	1:58	40	2:37
Bremer Hütte	2.40	13:16	5:31	8	0:45	25	2:10	5.70	29:19	5:08	11	2:40	35	4:47
Hermannsklippe	3.30	19:05	5:46	14	2:27	49	4:13	9.00	48:24	5:22	12	4:46	37	8:59
Brocken	3.10	22:10	7:09	4	1:33	17	3:49	12.10	1:10:34	5:49	8	6:15	26	12:48
Eiserner Handwe	3.60	17:32	4:52	29	4:15	117	5:00	15.70	1:28:06	5:36	8	10:05	30	17:48
Bremer Hütte	4.10	17:59	4:23	11	2:28	41	3:05	19.80	1:46:05	5:21	8	12:33	31	20:36
Loddenke	3.10	9:22	3:01	7	1:02	33	1:24	22.90	1:55:27	5:02	8	13:35	31	22:00
Ilseburg/Markt	3.30	12:48	3:52	2	0:21	11	1:32	26.20	2:08:15	4:53	8	13:56	29	23:32