



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Cäsar, Christian

Club: Harz-Gebirgslauf Wernigerode
Number: 455

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:09:54

Speed: 12.10 km/h
Running performance: 4:58 min/km

Rank in course/Total: 36 (of 506)

Rank in course/Men: 34 (of 416)

Best time in course: 1:44:43

Rank in category: 7(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	15:09	4:35	6	1:43	24	1:43	3.30	15:09	4:35	6	1:43	24	1:43
Bremer Hütte	2.40	13:45	5:43	10	2:38	40	2:39	5.70	28:54	5:04	8	4:21	30	4:22
Hermannsklippe	3.30	19:19	5:51	12	4:27	56	4:27	9.00	48:13	5:21	9	8:48	35	8:48
Brocken	3.10	26:00	8:23	17	7:39	74	7:39	12.10	1:14:13	6:08	10	16:27	44	16:27
Eiserner Handwe	3.60	14:49	4:06	4	2:17	19	2:17	15.70	1:29:02	5:40	10	18:44	39	18:44
Bremer Hütte	4.10	17:26	4:15	4	2:15	22	2:32	19.80	1:46:28	5:22	8	20:59	33	20:59
Loddenke	3.10	9:47	3:09	9	1:49	53	1:49	22.90	1:56:15	5:04	8	22:48	34	22:48
Ilseburg/Markt	3.30	13:39	4:08	6	2:23	38	2:23	26.20	2:09:54	4:57	7	25:11	34	25:11