



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Loeser, Sascha

Club: Niedergörsdorf
Number: 250

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:12:31

Speed: 11.77 km/h
Running performance: 5:04 min/km

Rank in course/Total: 46 (of 506)

Rank in course/Men: 43 (of 416)

Best time in course: 1:44:43

Rank in category: 10(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	15:43	4:45	9	2:17	32	2:17	3.30	15:43	4:45	9	2:17	32	2:17
Bremer Hütte	2.40	13:41	5:42	7	2:34	36	2:35	5.70	29:24	5:09	9	4:51	36	4:52
Hermannsklippe	3.30	18:36	5:38	8	3:44	35	3:44	9.00	48:00	5:19	8	8:35	33	8:35
Brocken	3.10	23:31	7:35	6	5:10	29	5:10	12.10	1:11:31	5:54	6	13:45	29	13:45
Eiserner Handwe	3.60	16:26	4:33	14	3:54	73	3:54	15.70	1:27:57	5:36	7	17:39	29	17:39
Bremer Hütte	4.10	19:26	4:44	14	4:15	82	4:32	19.80	1:47:23	5:25	10	21:54	39	21:54
Loddenke	3.10	10:14	3:18	11	2:16	78	2:16	22.90	1:57:37	5:08	10	24:10	41	24:10
Ilseburg/Markt	3.30	14:54	4:30	15	3:38	102	3:38	26.20	2:12:31	5:03	10	27:48	43	27:48