



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Fischediek, Tom

Club: Braunschweig
Number: 119

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:12:24

Speed: 11.78 km/h
Running performance: 5:03 min/km

Rank in course/Total: 45 (of 506)

Rank in course/Men: 42 (of 416)

Best time in course: 1:44:43

Rank in category: 12(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	15:08	4:35	6	1:03	22	1:42	3.30	15:08	4:35	6	1:03	22	1:42
Bremer Hütte	2.40	13:49	5:45	13	1:18	42	2:43	5.70	28:57	5:04	9	2:18	31	4:25
Hermannsklippe	3.30	19:05	5:46	14	2:27	49	4:13	9.00	48:02	5:20	10	4:24	34	8:37
Brocken	3.10	25:33	8:14	14	4:56	64	7:12	12.10	1:13:35	6:04	13	9:16	41	15:49
Eiserner Handwe	3.60	15:16	4:14	7	1:59	29	2:44	15.70	1:28:51	5:39	10	10:50	37	18:33
Bremer Hütte	4.10	18:22	4:28	13	2:51	50	3:28	19.80	1:47:13	5:24	10	13:41	37	21:44
Loddenke	3.10	10:01	3:13	17	1:41	63	2:03	22.90	1:57:14	5:07	10	15:22	39	23:47
Ilseburg/Markt	3.30	15:10	4:35	25	2:43	122	3:54	26.20	2:12:24	5:03	12	18:05	42	27:41