



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Saul, Dominik

Club: Goettingen  
Number: 325

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:15:35

Speed: 11.59 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 56 (of 506)

Rank in course/Men: 53 (of 416)

Best time in course: 1:44:43

Rank in category: 10(of 45)

Best time in the category: 1:49:19

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	17:56	5:26	13	4:30	117	4:30	3.30	17:56	5:26	13	4:30	117	4:30
Bremer Hütte	2.40	14:53	6:12	16	3:47	87	3:47	5.70	32:49	5:45	12	8:17	87	8:17
Hermannsklippe	3.30	19:56	6:02	14	5:02	78	5:04	9.00	52:45	5:51	12	13:19	84	13:20
Brocken	3.10	24:31	7:54	8	5:31	42	6:10	12.10	1:17:16	6:23	11	18:50	67	19:30
Eiserner Handwe	3.60	16:41	4:38	12	3:36	82	4:09	15.70	1:33:57	5:59	10	21:42	64	23:39
Bremer Hütte	4.10	18:23	4:29	9	2:46	51	3:29	19.80	1:52:20	5:40	10	24:20	60	26:51
Loddenke	3.10	9:40	3:07	9	1:33	45	1:42	22.90	2:02:00	5:19	10	25:19	58	28:33
Ilseburg/Markt	3.30	13:35	4:06	8	2:06	35	2:19	26.20	2:15:35	5:10	10	26:16	53	30:52