



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Heinz, Martin

Club: Müßen aufhören weniger zu laufen
Number: 477

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:15:37

Speed: 11.59 km/h
Running performance: 5:11 min/km

Rank in course/Total: 57 (of 506)

Rank in course/Men: 54 (of 416)

Best time in course: 1:44:43

Rank in category: 15(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	15:32	4:42	9	1:27	31	2:06	3.30	15:32	4:42	9	1:27	31	2:06
Bremer Hütte	2.40	13:35	5:39	11	1:04	31	2:29	5.70	29:07	5:06	10	2:28	34	4:35
Hermannsklippe	3.30	18:07	5:29	8	1:29	25	3:15	9.00	47:14	5:14	9	3:36	29	7:49
Brocken	3.10	24:16	7:49	11	3:39	39	5:55	12.10	1:11:30	5:54	9	7:11	28	13:44
Eiserner Handwe	3.60	17:21	4:49	27	4:04	113	4:49	15.70	1:28:51	5:39	10	10:50	37	18:33
Bremer Hütte	4.10	19:08	4:40	23	3:37	75	4:14	19.80	1:47:59	5:27	12	14:27	42	22:30
Loddenke	3.10	10:34	3:24	27	2:14	101	2:36	22.90	1:58:33	5:10	13	16:41	44	25:06
Ilseburg/Markt	3.30	17:04	5:10	41	4:37	239	5:48	26.20	2:15:37	5:10	15	21:18	54	30:54