



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Meier, Jens

Club: Braunschweig
Number: 262

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:15:42

Speed: 11.58 km/h
Running performance: 5:11 min/km

Rank in course/Total: 58 (of 506)

Rank in course/Men: 55 (of 416)

Best time in course: 1:44:43

Rank in category: 10(of 66)

Best time in the category: 1:51:00

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	16:32	5:00	9	3:06	51	3:06	3.30	16:32	5:00	9	3:06	51	3:06
Bremer Hütte	2.40	13:54	5:47	9	2:30	46	2:48	5.70	30:26	5:20	9	5:36	51	5:54
Hermannsklippe	3.30	18:39	5:39	8	3:06	38	3:47	9.00	49:05	5:27	9	8:42	44	9:40
Brocken	3.10	24:32	7:54	9	4:10	43	6:11	12.10	1:13:37	6:05	8	12:43	42	15:51
Eiserner Handwe	3.60	16:12	4:30	10	2:58	60	3:40	15.70	1:29:49	5:43	8	15:41	44	19:31
Bremer Hütte	4.10	19:26	4:44	13	3:56	82	4:32	19.80	1:49:15	5:31	9	18:55	46	23:46
Loddenke	3.10	10:36	3:25	17	2:36	106	2:38	22.90	1:59:51	5:14	9	20:40	48	26:24
Ilseburg/Markt	3.30	15:51	4:48	33	4:12	166	4:35	26.20	2:15:42	5:10	10	24:42	55	30:59