



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Dohnalek, Kai

Club: LT Hofgeismar  
Number: 90

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:15:49

Speed: 11.49 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 59 (of 506)

Rank in course/Men: 56 (of 416)

Best time in course: 1:44:43

Rank in category: 11(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:29	5:17	14	4:03	84	4:03	3.30	17:29	5:17	14	4:03	84	4:03
Bremer Hütte	2.40	14:16	5:56	11	2:52	58	3:10	5.70	31:45	5:34	12	6:55	65	7:13
Hermannsklippe	3.30	18:55	5:43	9	3:22	44	4:03	9.00	50:40	5:37	10	10:17	58	11:15
Brocken	3.10	24:30	7:54	8	4:08	41	6:09	12.10	1:15:10	6:12	10	14:16	48	17:24
Eiserner Handwe	3.60	16:09	4:29	9	2:55	57	3:37	15.70	1:31:19	5:48	10	17:11	49	21:01
Bremer Hütte	4.10	19:35	4:46	16	4:05	93	4:41	19.80	1:50:54	5:36	11	20:34	54	25:25
Loddenke	3.10	10:08	3:16	13	2:08	75	2:10	22.90	2:01:02	5:17	11	21:51	56	27:35
Ilseburg/Markt	3.30	14:47	4:28	14	3:08	89	3:31	26.20	2:15:49	5:11	11	24:49	56	31:06