



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Morgenstern, Udo

Club: digades Racing Team
Number: 242

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:15:50

Speed: 11.57 km/h
Running performance: 5:11 min/km

Rank in course/Total: 60 (of 506)

Rank in course/Men: 57 (of 416)

Best time in course: 1:44:43

Rank in category: 4(of 52)

Best time in the category: 2:08:09

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	18:10	5:30	11	1:47	128	4:44	3.30	18:10	5:30	11	1:47	128	4:44
Bremer Hütte	2.40	15:05	6:17	10	1:11	103	3:59	5.70	33:15	5:50	12	2:51	112	8:43
Hermannsklippe	3.30	19:10	5:48	3	0:42	52	4:18	9.00	52:25	5:49	7	3:33	77	13:00
Brocken	3.10	24:42	7:58	3	2:19	44	6:21	12.10	1:17:07	6:22	5	4:11	65	19:21
Eiserner Handwe	3.60	15:49	4:23	4	1:36	44	3:17	15.70	1:32:56	5:55	4	4:27	58	22:38
Bremer Hütte	4.10	18:27	4:30	5	1:10	54	3:33	19.80	1:51:23	5:37	4	5:35	55	25:54
Loddenke	3.10	10:14	3:18	9	1:17	78	2:16	22.90	2:01:37	5:18	4	6:40	57	28:10
Ilseburg/Markt	3.30	14:13	4:18	6	1:15	60	2:57	26.20	2:15:50	5:11	4	7:41	57	31:07