



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: 11.48 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      |