



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Michalik, Stefan

Club: TSV Wittmar  
Number: 555

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:16:30

Speed: 11.52 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 64 (of 506)

Rank in course/Men: 61 (of 416)

Best time in course: 1:44:43

Rank in category: 5(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.	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	18:13	5:31	16	1:50	135	4:47	3.30	18:13	5:31	16	1:50	135	4:47
Bremer Hütte	2.40	15:18	6:22	11	1:24	115	4:12	5.70	33:31	5:52	14	3:07	129	8:59
Hermannsklippe	3.30	20:19	6:09	9	1:51	94	5:27	9.00	53:50	5:58	11	4:58	113	14:25
Brocken	3.10	28:06	9:03	16	5:43	152	9:45	12.10	1:21:56	6:46	12	9:00	119	24:10
Eiserner Handwe	3.60	14:50	4:07	2	0:37	20	2:18	15.70	1:36:46	6:09	7	8:17	84	26:28
Bremer Hütte	4.10	17:17	4:12	1	-	16	2:23	19.80	1:54:03	5:45	7	8:15	70	28:34
Loddenke	3.10	8:57	2:53	1	-	16	0:59	22.90	2:03:00	5:22	5	8:03	62	29:33
Ilseburg/Markt	3.30	13:30	4:05	5	0:32	31	2:14	26.20	2:16:30	5:12	5	8:21	61	31:47