



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Döhmland, Frank

Club: Elbingerode  
Number: 456

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:17:00

Speed: 11.47 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 65 (of 506)

Rank in course/Men: 62 (of 416)

Best time in course: 1:44:43

Rank in category: 4(of 72)

Best time in the category: 2:13:51

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	16:49	5:05	4	1:23	61	3:23	3.30	16:49	5:05	4	1:23	61	3:23
Bremer Hütte	2.40	14:01	5:50	2	0:05	49	2:55	5.70	30:50	5:24	2	0:14	54	6:18
Hermannsklippe	3.30	19:43	5:58	3	1:08	66	4:51	9.00	50:33	5:36	2	1:22	55	11:08
Brocken	3.10	24:43	7:58	3	0:44	45	6:22	12.10	1:15:16	6:13	2	2:06	50	17:30
Eiserner Handwe	3.60	16:39	4:37	8	1:06	81	4:07	15.70	1:31:55	5:51	2	2:20	52	21:37
Bremer Hütte	4.10	19:59	4:52	14	1:29	112	5:05	19.80	1:51:54	5:39	3	3:07	57	26:25
Loddenke	3.10	10:41	3:26	11	1:31	113	2:43	22.90	2:02:35	5:21	3	2:23	59	29:08
Ilseburg/Markt	3.30	14:25	4:22	6	1:17	69	3:09	26.20	2:17:00	5:13	4	3:09	62	32:17