



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Aschenbrenner, Jörg

Club: SISU Training
Number: 37

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:18:02

Speed: 11.30 km/h
Running performance: 5:16 min/km

Rank in course/Total: 68 (of 506)

Rank in course/Men: 65 (of 416)

Best time in course: 1:44:43

Rank in category: 17(of 58)

Best time in the category: 1:54:19

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	16:22	4:57	14	2:17	46	2:56	3.30	16:22	4:57	14	2:17	46	2:56
Bremer Hütte	2.40	13:28	5:36	10	0:57	28	2:22	5.70	29:50	5:14	13	3:11	40	5:18
Hermannsklippe	3.30	18:45	5:40	11	2:07	41	3:53	9.00	48:35	5:23	13	4:57	38	9:10
Brocken	3.10	27:48	8:58	34	7:11	141	9:27	12.10	1:16:23	6:18	15	12:04	58	18:37
Eiserner Handwe	3.60	16:18	4:31	16	3:01	68	3:46	15.70	1:32:41	5:54	15	14:40	54	22:23
Bremer Hütte	4.10	19:44	4:48	25	4:13	97	4:50	19.80	1:52:25	5:40	16	18:53	61	26:56
Loddenke	3.10	10:35	3:24	28	2:15	103	2:37	22.90	2:03:00	5:22	17	21:08	62	29:33
Ilseburg/Markt	3.30	15:02	4:33	21	2:35	109	3:46	26.20	2:18:02	5:16	17	23:43	65	33:19