



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

König, Michael

Club: Hannover  
Number: 217

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:18:17

Speed: 11.28 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 70 (of 506)

Rank in course/Men: 66 (of 416)

Best time in course: 1:44:43

Rank in category: 11(of 45)

Best time in the category: 1:49:19

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	19:46	5:59	29	6:20	238	6:20	3.30	19:46	5:59	29	6:20	238	6:20
Bremer Hütte	2.40	14:51	6:11	15	3:45	83	3:45	5.70	34:37	6:04	23	10:05	168	10:05
Hermannsklippe	3.30	19:56	6:02	14	5:02	78	5:04	9.00	54:33	6:03	19	15:07	126	15:08
Brocken	3.10	25:10	8:07	10	6:10	52	6:49	12.10	1:19:43	6:35	16	21:17	92	21:57
Eiserner Handwe	3.60	16:36	4:36	11	3:31	80	4:04	15.70	1:36:19	6:08	13	24:04	82	26:01
Bremer Hütte	4.10	19:05	4:39	10	3:28	74	4:11	19.80	1:55:24	5:49	12	27:24	75	29:55
Loddenke	3.10	9:24	3:01	6	1:17	34	1:26	22.90	2:04:48	5:26	12	28:07	72	31:21
Ilseburg/Markt	3.30	13:29	4:05	7	2:00	30	2:13	26.20	2:18:17	5:16	11	28:58	66	33:34