



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Röder, Fabian

Club: NRT PROTECTIVE
Number: 306

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:18:35

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 71 (of 506)

Rank in course/Men: 68 (of 416)

Best time in course: 1:44:43

Rank in category: 18(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	17:22	5:15	21	3:17	77	3:56	3.30	17:22	5:15	21	3:17	77	3:56
Bremer Hütte	2.40	14:42	6:07	19	2:11	76	3:36	5.70	32:04	5:37	21	5:25	78	7:32
Hermannsklippe	3.30	19:55	6:02	18	3:17	76	5:03	9.00	51:59	5:46	19	8:21	73	12:34
Brocken	3.10	27:17	8:48	28	6:40	118	8:56	12.10	1:19:16	6:33	21	14:57	84	21:30
Eiserner Handwe	3.60	16:16	4:31	15	2:59	65	3:44	15.70	1:35:32	6:05	19	17:31	77	25:14
Bremer Hütte	4.10	18:28	4:30	15	2:57	56	3:34	19.80	1:54:00	5:45	18	20:28	68	28:31
Loddenke	3.10	10:02	3:14	18	1:42	64	2:04	22.90	2:04:02	5:24	18	22:10	69	30:35
Ilseburg/Markt	3.30	14:33	4:24	17	2:06	76	3:17	26.20	2:18:35	5:17	18	24:16	68	33:52