



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Meyer, Frank

Club: SV Blau-Weiß Loburg
Number: 246

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:18:42

Speed: 11.25 km/h
Running performance: 5:17 min/km

Rank in course/Total: 72 (of 506)

Rank in course/Men: 69 (of 416)

Best time in course: 1:44:43

Rank in category: 12(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	18:24	5:34	17	4:58	146	4:58	3.30	18:24	5:34	17	4:58	146	4:58
Bremer Hütte	2.40	14:39	6:06	13	3:33	75	3:33	5.70	33:03	5:47	13	8:31	93	8:31
Hermannsklippe	3.30	19:35	5:56	11	4:41	61	4:43	9.00	52:38	5:50	11	13:12	81	13:13
Brocken	3.10	25:11	8:07	11	6:11	53	6:50	12.10	1:17:49	6:25	12	19:23	69	20:03
Eiserner Handwe	3.60	16:23	4:33	10	3:18	71	3:51	15.70	1:34:12	6:00	11	21:57	66	23:54
Bremer Hütte	4.10	19:08	4:40	11	3:31	75	4:14	19.80	1:53:20	5:43	11	25:20	64	27:51
Loddenke	3.10	10:30	3:23	15	2:23	93	2:32	22.90	2:03:50	5:24	11	27:09	66	30:23
Ilseburg/Markt	3.30	14:52	4:30	18	3:23	99	3:36	26.20	2:18:42	5:17	12	29:23	69	33:59