



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Heermann, Hans-Joachim

Club: SC Lüchow
Number: 162

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:19:16

Speed: 11.20 km/h
Running performance: 5:19 min/km

Rank in course/Total: 76 (of 506)

Rank in course/Men: 72 (of 416)

Best time in course: 1:44:43

Rank in category: 7(of 52)

Best time in the category: 2:08:09

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	16:45	5:04	3	0:22	60	3:19	3.30	16:45	5:04	3	0:22	60	3:19
Bremer Hütte	2.40	14:16	5:56	3	0:22	58	3:10	5.70	31:01	5:26	3	0:37	58	6:29
Hermannsklippe	3.30	19:33	5:55	5	1:05	59	4:41	9.00	50:34	5:37	3	1:42	56	11:09
Brocken	3.10	25:20	8:10	4	2:57	55	6:59	12.10	1:15:54	6:16	4	2:58	54	18:08
Eiserner Handwe	3.60	17:20	4:48	12	3:07	111	4:48	15.70	1:33:14	5:56	5	4:45	59	22:56
Bremer Hütte	4.10	20:26	4:59	12	3:09	120	5:32	19.80	1:53:40	5:44	5	7:52	65	28:11
Loddenke	3.10	10:45	3:28	11	1:48	120	2:47	22.90	2:04:25	5:25	7	9:28	70	30:58
Ilseburg/Markt	3.30	14:51	4:30	9	1:53	94	3:35	26.20	2:19:16	5:18	7	11:07	72	34:33