



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Zick, Torsten

Club: LG Wassersuppe  
Number: 8

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:20:53

Speed: 11.16 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 86 (of 506)

Rank in course/Men: 82 (of 416)

Best time in course: 1:44:43

Rank in category: 8(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	16:41	5:03	2	0:18	57	3:15	3.30	16:41	5:03	2	0:18	57	3:15
Bremer Hütte	2.40	15:03	6:16	8	1:09	98	3:57	5.70	31:44	5:34	4	1:20	64	7:12
Hermannsklippe	3.30	20:06	6:05	7	1:38	84	5:14	9.00	51:50	5:45	5	2:58	70	12:25
Brocken	3.10	28:40	9:14	22	6:17	169	10:19	12.10	1:20:30	6:39	8	7:34	104	22:44
Eiserner Handwe	3.60	16:59	4:43	9	2:46	96	4:27	15.70	1:37:29	6:12	8	9:00	94	27:11
Bremer Hütte	4.10	19:57	4:51	10	2:40	110	5:03	19.80	1:57:26	5:55	9	11:38	97	31:57
Loddenke	3.10	10:04	3:14	6	1:07	70	2:06	22.90	2:07:30	5:34	9	12:33	92	34:03
Ilseburg/Markt	3.30	13:23	4:03	3	0:25	25	2:07	26.20	2:20:53	5:22	8	12:44	82	36:10