



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Rabe, Norman

Club: TVS 1900 Königshütte
Number: 571

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:21:34

Speed: 11.10 km/h
Running performance: 5:24 min/km

Rank in course/Total: 88 (of 506)

Rank in course/Men: 84 (of 416)

Best time in course: 1:44:43

Rank in category: 21(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	17:50	5:24	23	3:45	105	4:24	3.30	17:50	5:24	23	3:45	105	4:24
Bremer Hütte	2.40	15:25	6:25	27	2:54	126	4:19	5.70	33:15	5:50	24	6:36	112	8:43
Hermannsklippe	3.30	20:23	6:10	22	3:45	97	5:31	9.00	53:38	5:57	23	10:00	105	14:13
Brocken	3.10	27:06	8:44	24	6:29	109	8:45	12.10	1:20:44	6:40	24	16:25	106	22:58
Eiserner Handwe	3.60	16:56	4:42	22	3:39	94	4:24	15.70	1:37:40	6:13	23	19:39	98	27:22
Bremer Hütte	4.10	19:09	4:40	24	3:38	77	4:15	19.80	1:56:49	5:53	23	23:17	89	31:20
Loddenke	3.10	10:11	3:17	22	1:51	77	2:13	22.90	2:07:00	5:32	22	25:08	85	33:33
Ilseburg/Markt	3.30	14:34	4:24	18	2:07	77	3:18	26.20	2:21:34	5:24	21	27:15	84	36:51