



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Stephan, Philip

Club: TV Vienenburg  
Number: 390

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:22:28

Speed: 11.03 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 97 (of 506)

Rank in course/Men: 93 (of 416)

Best time in course: 1:44:43

Rank in category: 15(of 48)

Best time in the category: 1:44:43

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	17:35	5:19	16	4:09	88	4:09	3.30	17:35	5:19	16	4:09	88	4:09
Bremer Hütte	2.40	14:28	6:01	13	3:21	65	3:22	5.70	32:03	5:37	15	7:30	77	7:31
Hermannsklippe	3.30	19:47	5:59	13	4:55	68	4:55	9.00	51:50	5:45	14	12:25	70	12:25
Brocken	3.10	25:07	8:06	12	6:46	50	6:46	12.10	1:16:57	6:21	14	19:11	63	19:11
Eiserner Handwe	3.60	16:48	4:40	15	4:16	86	4:16	15.70	1:33:45	5:58	14	23:27	63	23:27
Bremer Hütte	4.10	21:40	5:17	22	6:29	174	6:46	19.80	1:55:25	5:49	14	29:56	76	29:56
Loddenke	3.10	11:20	3:39	20	3:22	162	3:22	22.90	2:06:45	5:32	14	33:18	84	33:18
Ilseburg/Markt	3.30	15:43	4:45	20	4:27	155	4:27	26.20	2:22:28	5:26	15	37:45	93	37:45