



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Thomas, Bernd

Club: MSV Eintracht Halberstadt
Number: 387

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:22:37

Speed: 11.02 km/h
Running performance: 5:26 min/km

Rank in course/Total: 100 (of 506)

Rank in course/Men: 95 (of 416)

Best time in course: 1:44:43

Rank in category: 9(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	17:05	5:10	6	0:42	68	3:39	3.30	17:05	5:10	6	0:42	68	3:39
Bremer Hütte	2.40	15:58	6:39	20	2:04	166	4:52	5.70	33:03	5:47	7	2:39	93	8:31
Hermannsklippe	3.30	21:16	6:26	17	2:48	146	6:24	9.00	54:19	6:02	12	5:27	122	14:54
Brocken	3.10	28:15	9:06	20	5:52	160	9:54	12.10	1:22:34	6:49	14	9:38	132	24:48
Eiserner Handwe	3.60	15:49	4:23	4	1:36	44	3:17	15.70	1:38:23	6:15	9	9:54	107	28:05
Bremer Hütte	4.10	18:32	4:31	6	1:15	59	3:38	19.80	1:56:55	5:54	8	11:07	93	31:26
Loddenke	3.10	10:06	3:15	8	1:09	73	2:08	22.90	2:07:01	5:32	8	12:04	86	33:34
Ilseburg/Markt	3.30	15:36	4:43	15	2:38	147	4:20	26.20	2:22:37	5:26	9	14:28	95	37:54