



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Cherek, Uwe

Club: Turnerbund Hamburg Eilbeck
Number: 50

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:23:17

Speed: 10.89 km/h
Running performance: 5:28 min/km

Rank in course/Total: 104 (of 506)

Rank in course/Men: 99 (of 416)

Best time in course: 1:44:43

Rank in category: 8(of 72)

Best time in the category: 2:13:51

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	18:16	5:32	23	2:50	136	4:50	3.30	18:16	5:32	23	2:50	136	4:50
Bremer Hütte	2.40	15:12	6:19	10	1:16	110	4:06	5.70	33:28	5:52	17	2:52	126	8:56
Hermannsklippe	3.30	20:37	6:14	11	2:02	113	5:45	9.00	54:05	6:00	12	4:54	118	14:40
Brocken	3.10	25:24	8:11	4	1:25	58	7:03	12.10	1:19:29	6:34	7	6:19	86	21:43
Eiserner Handwe	3.60	18:05	5:01	21	2:32	138	5:33	15.70	1:37:34	6:12	10	7:59	97	27:16
Bremer Hütte	4.10	20:13	4:55	15	1:43	115	5:19	19.80	1:57:47	5:56	10	9:00	102	32:18
Loddenke	3.10	10:39	3:26	10	1:29	111	2:41	22.90	2:08:26	5:36	9	8:14	103	34:59
Ilseburg/Markt	3.30	14:51	4:30	10	1:43	94	3:35	26.20	2:23:17	5:28	8	9:26	99	38:34