



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Degener, Markus

Club: TSV Bremke/Ischenrode
Number: 85

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:23:38

Speed: 10.94 km/h
Running performance: 5:29 min/km

Rank in course/Total: 108 (of 506)

Rank in course/Men: 102 (of 416)

Best time in course: 1:44:43

Rank in category: 25(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	18:18	5:32	26	4:13	137	4:52	3.30	18:18	5:32	26	4:13	137	4:52
Bremer Hütte	2.40	15:17	6:22	24	2:46	113	4:11	5.70	33:35	5:53	26	6:56	130	9:03
Hermannsklippe	3.30	20:20	6:09	21	3:42	96	5:28	9.00	53:55	5:59	25	10:17	115	14:30
Brocken	3.10	27:40	8:55	32	7:03	133	9:19	12.10	1:21:35	6:44	25	17:16	115	23:49
Eiserner Handwe	3.60	17:13	4:46	26	3:56	105	4:41	15.70	1:38:48	6:17	25	20:47	109	28:30
Bremer Hütte	4.10	19:51	4:50	27	4:20	102	4:57	19.80	1:58:39	5:59	27	25:07	109	33:10
Loddenke	3.10	10:05	3:15	21	1:45	71	2:07	22.90	2:08:44	5:37	27	26:52	107	35:17
Ilseburg/Markt	3.30	14:54	4:30	20	2:27	102	3:38	26.20	2:23:38	5:28	25	29:19	102	38:55