



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lange, Andreas

Club: Laufftreff Paris
Number: 235

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:23:34

Speed: 10.95 km/h
Running performance: 5:29 min/km

Rank in course/Total: 107 (of 506)

Rank in course/Men: 101 (of 416)

Best time in course: 1:44:43

Rank in category: 24(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	18:26	5:35	30	4:21	150	5:00	3.30	18:26	5:35	30	4:21	150	5:00
Bremer Hütte	2.40	15:29	6:27	28	2:58	136	4:23	5.70	33:55	5:57	27	7:16	141	9:23
Hermannsklippe	3.30	21:13	6:25	30	4:35	144	6:21	9.00	55:08	6:07	28	11:30	141	15:43
Brocken	3.10	27:10	8:45	25	6:33	113	8:49	12.10	1:22:18	6:48	28	17:59	128	24:32
Eiserner Handwe	3.60	17:06	4:45	25	3:49	101	4:34	15.70	1:39:24	6:19	27	21:23	122	29:06
Bremer Hütte	4.10	19:01	4:38	22	3:30	71	4:07	19.80	1:58:25	5:58	26	24:53	106	32:56
Loddenke	3.10	10:02	3:14	18	1:42	64	2:04	22.90	2:08:27	5:36	25	26:35	104	35:00
Ilseburg/Markt	3.30	15:07	4:34	23	2:40	114	3:51	26.20	2:23:34	5:28	24	29:15	101	38:51