



48. Brockenlauf

Ilseburg / 01.09.2018

Detailed evaluation

Krocker, Steffen

Club: LG Konradsburg 90
Number: 10

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:23:55

Speed: 10.92 km/h
Running performance: 5:29 min/km

Rank in course/Total: 112 (of 506)

Rank in course/Men: 104 (of 416)

Best time in course: 1:44:43

Rank in category: 9(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	18:44	5:40	30	3:18	171	5:18	3.30	18:44	5:40	30	3:18	171	5:18
Bremer Hütte	2.40	15:33	6:28	17	1:37	142	4:27	5.70	34:17	6:00	23	3:41	154	9:45
Hermannsklippe	3.30	20:52	6:19	12	2:17	123	6:00	9.00	55:09	6:07	19	5:58	142	15:44
Brocken	3.10	26:59	8:42	9	3:00	99	8:38	12.10	1:22:08	6:47	13	8:58	122	24:22
Eiserner Handwe	3.60	17:04	4:44	12	1:31	99	4:32	15.70	1:39:12	6:19	13	9:37	117	28:54
Bremer Hütte	4.10	19:33	4:46	8	1:03	91	4:39	19.80	1:58:45	5:59	11	9:58	111	33:16
Loddenke	3.10	10:44	3:27	12	1:34	118	2:46	22.90	2:09:29	5:39	11	9:17	111	36:02
Ilseburg/Markt	3.30	14:26	4:22	7	1:18	70	3:10	26.20	2:23:55	5:29	9	10:04	104	39:12