



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Samp, Alexander

Club: Whiskey Running Team
Number: 6

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:23:57

Speed: 10.84 km/h
Running performance: 5:29 min/km

Rank in course/Total: 113 (of 506)

Rank in course/Men: 105 (of 416)

Best time in course: 1:44:43

Rank in category: 27(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	19:15	5:50	35	5:10	211	5:49	3.30	19:15	5:50	35	5:10	211	5:49
Bremer Hütte	2.40	15:38	6:30	30	3:07	149	4:32	5.70	34:53	6:07	34	8:14	178	10:21
Hermannsklippe	3.30	20:49	6:18	27	4:11	122	5:57	9.00	55:42	6:11	30	12:04	155	16:17
Brocken	3.10	27:39	8:55	31	7:02	131	9:18	12.10	1:23:21	6:53	30	19:02	140	25:35
Eiserner Handwe	3.60	16:03	4:27	14	2:46	55	3:31	15.70	1:39:24	6:19	27	21:23	122	29:06
Bremer Hütte	4.10	18:46	4:34	17	3:15	63	3:52	19.80	1:58:10	5:58	24	24:38	104	32:41
Loddenke	3.10	10:30	3:23	25	2:10	93	2:32	22.90	2:08:40	5:37	26	26:48	106	35:13
Ilseburg/Markt	3.30	15:17	4:37	29	2:50	131	4:01	26.20	2:23:57	5:29	27	29:38	105	39:14