



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Kißenkötter, Stefan

Club: Dresden  
Number: 485

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:24:06

Speed: 10.83 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 115 (of 506)

Rank in course/Men: 107 (of 416)

Best time in course: 1:44:43

Rank in category: 17(of 48)

Best time in the category: 1:44:43

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	16:18	4:56	11	2:52	45	2:52	3.30	16:18	4:56	11	2:52	45	2:52
Bremer Hütte	2.40	17:22	7:14	34	6:15	265	6:16	5.70	33:40	5:54	18	9:07	135	9:08
Hermannsklippe	3.30	21:09	6:24	21	6:17	140	6:17	9.00	54:49	6:05	19	15:24	134	15:24
Brocken	3.10	28:29	9:11	24	10:08	164	10:08	12.10	1:23:18	6:53	21	25:32	139	25:32
Eiserner Handwe	3.60	15:55	4:25	12	3:23	50	3:23	15.70	1:39:13	6:19	18	28:55	118	28:55
Bremer Hütte	4.10	19:23	4:43	13	4:12	81	4:29	19.80	1:58:36	5:59	18	33:07	107	33:07
Loddenke	3.10	10:03	3:14	10	2:05	68	2:05	22.90	2:08:39	5:37	18	35:12	105	35:12
Ilseburg/Markt	3.30	15:27	4:40	19	4:11	138	4:11	26.20	2:24:06	5:30	17	39:23	107	39:23