



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Glatz, Dennis

Club: Braunschweig  
Number: 137

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:25:43

Speed: 10.79 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 123 (of 506)

Rank in course/Men: 114 (of 416)

Best time in course: 1:44:43

Rank in category: 17(of 45)

Best time in the category: 1:49:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	18:45	5:40	21	5:19	173	5:19	3.30	18:45	5:40	21	5:19	173	5:19
Bremer Hütte	2.40	15:04	6:16	18	3:58	101	3:58	5.70	33:49	5:55	20	9:17	138	9:17
Hermannsklippe	3.30	20:44	6:16	20	5:50	118	5:52	9.00	54:33	6:03	19	15:07	126	15:08
Brocken	3.10	27:40	8:55	21	8:40	133	9:19	12.10	1:22:13	6:47	19	23:47	124	24:27
Eiserner Handwe	3.60	17:20	4:48	14	4:15	111	4:48	15.70	1:39:33	6:20	18	27:18	124	29:15
Bremer Hütte	4.10	19:46	4:49	15	4:09	98	4:52	19.80	1:59:19	6:01	17	31:19	116	33:50
Loddenke	3.10	10:29	3:22	14	2:22	92	2:31	22.90	2:09:48	5:40	17	33:07	114	36:21
Ilseburg/Markt	3.30	15:55	4:49	24	4:26	173	4:39	26.20	2:25:43	5:33	17	36:24	114	41:00