



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sary, Dieter

Club: Harz-Gebirgslauf Wernigerode
Number: 516

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:25:48

Speed: 10.78 km/h
Running performance: 5:34 min/km

Rank in course/Total: 124 (of 506)

Rank in course/Men: 115 (of 416)

Best time in course: 1:44:43

Rank in category: 11(of 52)

Best time in the category: 2:08:09

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	17:55	5:25	9	1:32	115	4:29	3.30	17:55	5:25	9	1:32	115	4:29
Bremer Hütte	2.40	15:35	6:29	13	1:41	144	4:29	5.70	33:30	5:52	13	3:06	128	8:58
Hermannsklippe	3.30	21:17	6:26	18	2:49	148	6:25	9.00	54:47	6:05	13	5:55	132	15:22
Brocken	3.10	27:04	8:43	9	4:41	105	8:43	12.10	1:21:51	6:45	11	8:55	116	24:05
Eiserner Handwe	3.60	17:06	4:45	10	2:53	101	4:34	15.70	1:38:57	6:18	12	10:28	112	28:39
Bremer Hütte	4.10	19:55	4:51	9	2:38	107	5:01	19.80	1:58:52	6:00	11	13:04	113	33:23
Loddenke	3.10	10:40	3:26	10	1:43	112	2:42	22.90	2:09:32	5:39	11	14:35	112	36:05
Ilseburg/Markt	3.30	16:16	4:55	21	3:18	188	5:00	26.20	2:25:48	5:33	11	17:39	115	41:05