



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Gold, Frank

Club: LG Neumünster
Number: 142

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:25:56

Speed: 10.69 km/h
Running performance: 5:34 min/km

Rank in course/Total: 125 (of 506)

Rank in course/Men: 116 (of 416)

Best time in course: 1:44:43

Rank in category: 18(of 66)

Best time in the category: 1:51:00

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	18:35	5:37	26	5:09	157	5:09	3.30	18:35	5:37	26	5:09	157	5:09
Bremer Hütte	2.40	15:27	6:26	19	4:03	130	4:21	5.70	34:02	5:58	21	9:12	146	9:30
Hermannsklippe	3.30	20:27	6:11	15	4:54	103	5:35	9.00	54:29	6:03	19	14:06	124	15:04
Brocken	3.10	25:36	8:15	13	5:14	65	7:15	12.10	1:20:05	6:37	16	19:11	96	22:19
Eiserner Handwe	3.60	17:45	4:55	21	4:31	129	5:13	15.70	1:37:50	6:13	16	23:42	101	27:32
Bremer Hütte	4.10	21:45	5:18	30	6:15	178	6:51	19.80	1:59:35	6:02	18	29:15	117	34:06
Loddenke	3.10	10:52	3:30	23	2:52	123	2:54	22.90	2:10:27	5:41	19	31:16	118	37:00
Ilseburg/Markt	3.30	15:29	4:41	22	3:50	140	4:13	26.20	2:25:56	5:34	18	34:56	116	41:13