



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hermenau, Frank

Club: TG Wehlheiden
Number: 169

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:26:05

Speed: 10.68 km/h
Running performance: 5:35 min/km

Rank in course/Total: 128 (of 506)

Rank in course/Men: 118 (of 416)

Best time in course: 1:44:43

Rank in category: 13(of 72)

Best time in the category: 2:13:51

| 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 | 17:46 | 5:23 | 14 | 2:20 | 98 | 4:20 | 3.30 | 17:46 | 5:23 | 14 | 2:20 | 98 | 4:20 |
| Bremer Hütte | 2.40 | 15:26 | 6:25 | 13 | 1:30 | 128 | 4:20 | 5.70 | 33:12 | 5:49 | 13 | 2:36 | 105 | 8:40 |
| Hermannsklippe | 3.30 | 20:55 | 6:20 | 14 | 2:20 | 127 | 6:03 | 9.00 | 54:07 | 6:00 | 13 | 4:56 | 120 | 14:42 |
| Brocken | 3.10 | 26:57 | 8:41 | 8 | 2:58 | 98 | 8:36 | 12.10 | 1:21:04 | 6:41 | 11 | 7:54 | 110 | 23:18 |
| Eiserner Handwe | 3.60 | 17:05 | 4:44 | 13 | 1:32 | 100 | 4:33 | 15.70 | 1:38:09 | 6:15 | 11 | 8:34 | 105 | 27:51 |
| Bremer Hütte | 4.10 | 21:05 | 5:08 | 25 | 2:35 | 144 | 6:11 | 19.80 | 1:59:14 | 6:01 | 12 | 10:27 | 115 | 33:45 |
| Loddenke | 3.10 | 11:16 | 3:38 | 22 | 2:06 | 155 | 3:18 | 22.90 | 2:10:30 | 5:41 | 13 | 10:18 | 119 | 37:03 |
| Ilseburg/Markt | 3.30 | 15:35 | 4:43 | 14 | 2:27 | 145 | 4:19 | 26.20 | 2:26:05 | 5:34 | 13 | 12:14 | 118 | 41:22 |