



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

String, Philipp

Club: Stader SV  
Number: 405

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:26:18

Speed: 10.66 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 130 (of 506)

Rank in course/Men: 120 (of 416)

Best time in course: 1:44:43

Rank in category: 2(of 20)

Best time in the category: 2:24:51

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	17:35	5:19	1	-	88	4:09	3.30	17:35	5:19	1	-	88	4:09
Bremer Hütte	2.40	14:47	6:09	1	-	78	3:41	5.70	32:22	5:40	1	-	80	7:50
Hermannsklippe	3.30	20:41	6:16	1	-	115	5:49	9.00	53:03	5:53	1	-	92	13:38
Brocken	3.10	26:27	8:31	1	-	88	8:06	12.10	1:19:30	6:34	1	-	87	21:44
Eiserner Handwe	3.60	17:36	4:53	2	0:45	119	5:04	15.70	1:37:06	6:11	1	-	87	26:48
Bremer Hütte	4.10	21:30	5:14	3	1:39	162	6:36	19.80	1:58:36	5:59	1	-	107	33:07
Loddenke	3.10	10:57	3:31	2	0:47	130	2:59	22.90	2:09:33	5:39	1	-	113	36:06
Ilseburg/Markt	3.30	16:45	5:04	5	1:54	219	5:29	26.20	2:26:18	5:35	2	1:27	120	41:35