



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Björn, Heiko

Club: Magdeburger-LaufKultur 08
Number: 62

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:26:48

Speed: 10.63 km/h
Running performance: 5:36 min/km

Rank in course/Total: 133 (of 506)

Rank in course/Men: 123 (of 416)

Best time in course: 1:44:43

Rank in category: 15(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	17:29	5:17	9	2:03	84	4:03	3.30	17:29	5:17	9	2:03	84	4:03
Bremer Hütte	2.40	16:10	6:44	27	2:14	179	5:04	5.70	33:39	5:54	20	3:03	134	9:07
Hermannsklippe	3.30	21:59	6:39	25	3:24	186	7:07	9.00	55:38	6:10	22	6:27	151	16:13
Brocken	3.10	31:05	10:01	35	7:06	246	12:44	12.10	1:26:43	7:10	25	13:33	183	28:57
Eiserner Handwe	3.60	15:33	4:19	1	-	38	3:01	15.70	1:42:16	6:30	18	12:41	144	31:58
Bremer Hütte	4.10	18:32	4:31	2	0:02	59	3:38	19.80	2:00:48	6:06	16	12:01	125	35:19
Loddenke	3.10	10:00	3:13	6	0:50	61	2:02	22.90	2:10:48	5:42	14	10:36	120	37:21
Ilseburg/Markt	3.30	16:00	4:50	23	2:52	176	4:44	26.20	2:26:48	5:36	15	12:57	123	42:05