



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Rox, Andreas

Club: Ebersbach  
Number: 566

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:27:50

Speed: 10.63 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 135 (of 506)

Rank in course/Men: 125 (of 416)

Best time in course: 1:44:43

Rank in category: 12(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	18:11	5:30	15	1:48	132	4:45	3.30	18:11	5:30	15	1:48	132	4:45
Bremer Hütte	2.40	15:03	6:16	8	1:09	98	3:57	5.70	33:14	5:49	11	2:50	108	8:42
Hermannsklippe	3.30	20:30	6:12	11	2:02	106	5:38	9.00	53:44	5:58	10	4:52	109	14:19
Brocken	3.10	25:41	8:17	6	3:18	67	7:20	12.10	1:19:25	6:33	7	6:29	85	21:39
Eiserner Handwe	3.60	19:09	5:19	26	4:56	194	6:37	15.70	1:38:34	6:16	10	10:05	108	28:16
Bremer Hütte	4.10	21:15	5:10	17	3:58	152	6:21	19.80	1:59:49	6:03	12	14:01	120	34:20
Loddenke	3.10	11:56	3:50	26	2:59	213	3:58	22.90	2:11:45	5:45	12	16:48	126	38:18
Ilseburg/Markt	3.30	16:05	4:52	19	3:07	178	4:49	26.20	2:27:50	5:38	12	19:41	125	43:07