



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Baraniak, Frank

Club: Running Company
Number: 42

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:27:53

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

Rank in course/Total: 136 (of 506)

Rank in course/Men: 126 (of 416)

Best time in course: 1:44:43

Rank in category: 29(of 58)

Best time in the category: 1:54:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	18:21	5:33	28	4:16	141	4:55	3.30	18:21	5:33	28	4:16	141	4:55	
Bremer Hütte	2.40	14:53	6:12	22	2:22	87	3:47	5.70	33:14	5:49	23	6:35	108	8:42	
Hermannsklippe	3.30	20:29	6:12	24	3:51	104	5:37	9.00	53:43	5:58	24	10:05	108	14:18	
Brocken	3.10	26:23	8:30	21	5:46	87	8:02	12.10	1:20:06	6:37	22	15:47	97	22:20	
Eiserner Handwe	3.60	17:35	4:53	30	4:18	118	5:03	15.70	1:37:41	6:13	24	19:40	100	27:23	
Bremer Hütte	4.10	21:07	5:09	30	5:36	147	6:13	19.80	1:58:48	6:00	28	25:16	112	33:19	
Loddenke	3.10	12:30	4:01	40	4:10	252	4:32	22.90	2:11:18	5:44	29	29:26	122	37:51	
Ilseburg/Markt	3.30	16:35	5:01	38	4:08	207	5:19	26.20	2:27:53	5:38	29	33:34	126	43:10	