



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Giersch, Christian

Club: Bremen
Number: 136

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:28:52

Speed: 10.48 km/h
Running performance: 5:41 min/km

Rank in course/Total: 144 (of 506)

Rank in course/Men: 133 (of 416)

Best time in course: 1:44:43

Rank in category: 20(of 48)

Best time in the category: 1:44:43

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	18:36	5:38	19	5:10	158	5:10	3.30	18:36	5:38	19	5:10	158	5:10
Bremer Hütte	2.40	16:21	6:48	26	5:14	194	5:15	5.70	34:57	6:07	25	10:24	180	10:25
Hermannsklippe	3.30	21:52	6:37	25	7:00	175	7:00	9.00	56:49	6:18	25	17:24	176	17:24
Brocken	3.10	27:57	9:00	22	9:36	147	9:36	12.10	1:24:46	7:00	23	27:00	164	27:00
Eiserner Handwe	3.60	18:02	5:00	18	5:30	135	5:30	15.70	1:42:48	6:32	22	32:30	148	32:30
Bremer Hütte	4.10	19:48	4:49	16	4:37	101	4:54	19.80	2:02:36	6:11	21	37:07	136	37:07
Loddenke	3.10	11:22	3:39	21	3:24	165	3:24	22.90	2:13:58	5:51	21	40:31	135	40:31
Ilseburg/Markt	3.30	14:54	4:30	15	3:38	102	3:38	26.20	2:28:52	5:40	20	44:09	133	44:09