



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Flammiger, Lutz

Club: Running Team Süßmann/Zittau
Number: 121

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:28:59

Speed: 10.47 km/h
Running performance: 5:41 min/km

Rank in course/Total: 145 (of 506)

Rank in course/Men: 134 (of 416)

Best time in course: 1:44:43

Rank in category: 4(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	18:26	5:35	3	0:51	150	5:00	3.30	18:26	5:35	3	0:51	150	5:00
Bremer Hütte	2.40	15:14	6:20	2	0:27	112	4:08	5.70	33:40	5:54	3	1:18	135	9:08
Hermannsklippe	3.30	20:54	6:19	3	0:13	126	6:02	9.00	54:34	6:03	3	1:31	128	15:09
Brocken	3.10	27:56	9:00	5	1:29	146	9:35	12.10	1:22:30	6:49	4	3:00	130	24:44
Eiserner Handwe	3.60	16:51	4:40	1	-	91	4:19	15.70	1:39:21	6:19	3	2:15	121	29:03
Bremer Hütte	4.10	21:35	5:15	4	1:44	168	6:41	19.80	2:00:56	6:06	4	2:20	126	35:27
Loddenke	3.10	11:53	3:49	7	1:43	210	3:55	22.90	2:12:49	5:47	4	3:16	131	39:22
Ilseburg/Markt	3.30	16:10	4:53	4	1:19	185	4:54	26.20	2:28:59	5:41	4	4:08	134	44:16