



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Noack, Volker

Club: Ilseburg
Number: 100

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:30:00

Speed: 10.40 km/h
Running performance: 5:44 min/km

Rank in course/Total: 151 (of 506)

Rank in course/Men: 140 (of 416)

Best time in course: 1:44:43

Rank in category: 31(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:25	5:34	29	4:20	148	4:59	3.30	18:25	5:34	29	4:20	148	4:59
Bremer Hütte	2.40	15:31	6:27	29	3:00	139	4:25	5.70	33:56	5:57	28	7:17	142	9:24
Hermannsklippe	3.30	20:36	6:14	25	3:58	112	5:44	9.00	54:32	6:03	26	10:54	125	15:07
Brocken	3.10	27:37	8:54	30	7:00	129	9:16	12.10	1:22:09	6:47	27	17:50	123	24:23
Eiserner Handwe	3.60	18:37	5:10	32	5:20	165	6:05	15.70	1:40:46	6:25	30	22:45	129	30:28
Bremer Hütte	4.10	21:46	5:18	34	6:15	179	6:52	19.80	2:02:32	6:11	31	29:00	135	37:03
Loddenke	3.10	11:37	3:44	33	3:17	183	3:39	22.90	2:14:09	5:51	31	32:17	138	40:42
Ilseburg/Markt	3.30	15:51	4:48	33	3:24	166	4:35	26.20	2:30:00	5:43	31	35:41	140	45:17