



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Jacob, Bastian

Club: Melsungen
Number: 184

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:30:17

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 155 (of 506)

Rank in course/Men: 143 (of 416)

Best time in course: 1:44:43

Rank in category: 33(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	19:29	5:54	36	5:24	225	6:03	3.30	19:29	5:54	36	5:24	225	6:03
Bremer Hütte	2.40	15:44	6:33	31	3:13	154	4:38	5.70	35:13	6:10	36	8:34	189	10:41
Hermannsklippe	3.30	21:23	6:28	31	4:45	153	6:31	9.00	56:36	6:17	33	12:58	175	17:11
Brocken	3.10	27:28	8:51	29	6:51	124	9:07	12.10	1:24:04	6:56	32	19:45	157	26:18
Eiserner Handwe	3.60	18:45	5:12	35	5:28	173	6:13	15.70	1:42:49	6:32	32	24:48	149	32:31
Bremer Hütte	4.10	20:57	5:06	29	5:26	140	6:03	19.80	2:03:46	6:15	32	30:14	145	38:17
Loddenke	3.10	11:15	3:37	31	2:55	153	3:17	22.90	2:15:01	5:53	32	33:09	144	41:34
Ilseburg/Markt	3.30	15:16	4:37	28	2:49	130	4:00	26.20	2:30:17	5:44	33	35:58	143	45:34