



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Weske, Frank

Club: Harzer Keiler e.V.
Number: 422

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:30:18

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

Rank in course/Total: 156 (of 506)

Rank in course/Men: 144 (of 416)

Best time in course: 1:44:43

Rank in category: 20(of 66)

Best time in the category: 1:51:00

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	18:34	5:37	25	5:08	155	5:08	3.30	18:34	5:37	25	5:08	155	5:08
Bremer Hütte	2.40	15:31	6:27	22	4:07	139	4:25	5.70	34:05	5:58	22	9:15	148	9:33
Hermannsklippe	3.30	20:44	6:16	18	5:11	118	5:52	9.00	54:49	6:05	20	14:26	134	15:24
Brocken	3.10	29:07	9:23	25	8:45	179	10:46	12.10	1:23:56	6:56	21	23:02	152	26:10
Eiserner Handwe	3.60	18:13	5:03	25	4:59	146	5:41	15.70	1:42:09	6:30	20	28:01	143	31:51
Bremer Hütte	4.10	21:25	5:13	28	5:55	158	6:31	19.80	2:03:34	6:14	20	33:14	142	38:05
Loddenke	3.10	10:36	3:25	17	2:36	106	2:38	22.90	2:14:10	5:51	20	34:59	139	40:43
Ilseburg/Markt	3.30	16:08	4:53	35	4:29	183	4:52	26.20	2:30:18	5:44	20	39:18	144	45:35