



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Einecke, Adrian

Club: LSG Ascania Aschersleben
Number: 107

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:30:31

Speed: 10.36 km/h
Running performance: 5:44 min/km

Rank in course/Total: 158 (of 506)

Rank in course/Men: 146 (of 416)

Best time in course: 1:44:43

Rank in category: 21(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	18:37	5:38	27	5:11	159	5:11	3.30	18:37	5:38	27	5:11	159	5:11
Bremer Hütte	2.40	16:03	6:41	26	4:39	174	4:57	5.70	34:40	6:04	26	9:50	171	10:08
Hermannsklippe	3.30	22:29	6:48	32	6:56	216	7:37	9.00	57:09	6:20	28	16:46	183	17:44
Brocken	3.10	28:05	9:03	22	7:43	151	9:44	12.10	1:25:14	7:02	23	24:20	169	27:28
Eiserner Handwe	3.60	17:44	4:55	20	4:30	125	5:12	15.70	1:42:58	6:33	21	28:50	151	32:40
Bremer Hütte	4.10	21:06	5:08	25	5:36	146	6:12	19.80	2:04:04	6:15	22	33:44	149	38:35
Loddenke	3.10	11:20	3:39	32	3:20	162	3:22	22.90	2:15:24	5:54	22	36:13	148	41:57
Ilseburg/Markt	3.30	15:07	4:34	20	3:28	114	3:51	26.20	2:30:31	5:44	21	39:31	146	45:48