



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bethke, Jörn

Club: Brockenlaufverein
Number: 449

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:30:38

Speed: 10.36 km/h
Running performance: 5:45 min/km

Rank in course/Total: 161 (of 506)

Rank in course/Men: 147 (of 416)

Best time in course: 1:44:43

Rank in category: 22(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	18:55	5:43	33	5:29	193	5:29	3.30	18:55	5:43	33	5:29	193	5:29
Bremer Hütte	2.40	17:06	7:07	35	5:42	244	6:00	5.70	36:01	6:19	36	11:11	214	11:29
Hermannsklippe	3.30	22:29	6:48	32	6:56	216	7:37	9.00	58:30	6:30	32	18:07	207	19:05
Brocken	3.10	28:37	9:13	24	8:15	168	10:16	12.10	1:27:07	7:11	27	26:13	189	29:21
Eiserner Handwe	3.60	17:19	4:48	18	4:05	109	4:47	15.70	1:44:26	6:39	24	30:18	167	34:08
Bremer Hütte	4.10	19:55	4:51	18	4:25	107	5:01	19.80	2:04:21	6:16	23	34:01	151	38:52
Loddenke	3.10	11:14	3:37	30	3:14	152	3:16	22.90	2:15:35	5:55	23	36:24	151	42:08
Ilseburg/Markt	3.30	15:03	4:33	18	3:24	110	3:47	26.20	2:30:38	5:44	22	39:38	147	45:55