



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Pahnke, Andreas

Club: Berlin
Number: 273

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:31:00

Speed: 10.33 km/h
Running performance: 5:46 min/km

Rank in course/Total: 164 (of 506)

Rank in course/Men: 151 (of 416)

Best time in course: 1:44:43

Rank in category: 21(of 48)

Best time in the category: 1:44:43

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	19:25	5:53	28	5:59	217	5:59	3.30	19:25	5:53	28	5:59	217	5:59
Bremer Hütte	2.40	15:13	6:20	20	4:06	111	4:07	5.70	34:38	6:04	24	10:05	169	10:06
Hermannsklippe	3.30	20:48	6:18	18	5:56	120	5:56	9.00	55:26	6:09	20	16:01	147	16:01
Brocken	3.10	26:49	8:39	20	8:28	96	8:28	12.10	1:22:15	6:47	19	24:29	125	24:29
Eiserner Handwe	3.60	18:38	5:10	22	6:06	166	6:06	15.70	1:40:53	6:25	20	30:35	133	30:35
Bremer Hütte	4.10	21:18	5:11	20	6:07	153	6:24	19.80	2:02:11	6:10	20	36:42	133	36:42
Loddenke	3.10	11:18	3:38	19	3:20	159	3:20	22.90	2:13:29	5:49	20	40:02	133	40:02
Ilseburg/Markt	3.30	17:31	5:18	32	6:15	260	6:15	26.20	2:31:00	5:45	21	46:17	151	46:17