



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Grabowski, Thilo

Club: LG Socken-Wellen e.V.
Number: 144

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:49

Speed: 10.28 km/h
Running performance: 5:47 min/km

Rank in course/Total: 166 (of 506)

Rank in course/Men: 153 (of 416)

Best time in course: 1:44:43

Rank in category: 24(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	18:22	5:33	22	4:56	143	4:56	3.30	18:22	5:33	22	4:56	143	4:56
Bremer Hütte	2.40	16:43	6:57	32	5:19	219	5:37	5.70	35:05	6:09	29	10:15	186	10:33
Hermannsklippe	3.30	21:28	6:30	22	5:55	157	6:36	9.00	56:33	6:16	25	16:10	173	17:08
Brocken	3.10	31:08	10:02	39	10:46	252	12:47	12.10	1:27:41	7:14	29	26:47	199	29:55
Eiserner Handwe	3.60	18:09	5:02	23	4:55	142	5:37	15.70	1:45:50	6:44	28	31:42	183	35:32
Bremer Hütte	4.10	21:19	5:11	26	5:49	155	6:25	19.80	2:07:09	6:25	27	36:49	176	41:40
Loddenke	3.10	10:19	3:19	14	2:19	82	2:21	22.90	2:17:28	6:00	27	38:17	166	44:01
Ilseburg/Markt	3.30	14:21	4:20	12	2:42	65	3:05	26.20	2:31:49	5:47	24	40:49	153	47:06