



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Suckow, Stefan

Club: Calenberger Canoe Club
Number: 398

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:50

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 167 (of 506)

Rank in course/Men: 154 (of 416)

Best time in course: 1:44:43

Rank in category: 25(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	18:49	5:42	32	5:23	188	5:23	3.30	18:49	5:42	32	5:23	188	5:23
Bremer Hütte	2.40	15:32	6:28	23	4:08	141	4:26	5.70	34:21	6:01	24	9:31	155	9:49
Hermannsklippe	3.30	21:31	6:31	23	5:58	164	6:39	9.00	55:52	6:12	24	15:29	163	16:27
Brocken	3.10	30:46	9:55	35	10:24	238	12:25	12.10	1:26:38	7:09	26	25:44	182	28:52
Eiserner Handwe	3.60	18:13	5:03	25	4:59	146	5:41	15.70	1:44:51	6:40	25	30:43	169	34:33
Bremer Hütte	4.10	20:29	4:59	20	4:59	123	5:35	19.80	2:05:20	6:19	25	35:00	158	39:51
Loddenke	3.10	10:58	3:32	27	2:58	133	3:00	22.90	2:16:18	5:57	24	37:07	155	42:51
Ilseburg/Markt	3.30	15:32	4:42	23	3:53	142	4:16	26.20	2:31:50	5:47	25	40:50	154	47:07