



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Springer, Jens-Uwe

Club: Groß Niendorf
Number: 380

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:33:21

Speed: 10.17 km/h
Running performance: 5:51 min/km

Rank in course/Total: 179 (of 506)

Rank in course/Men: 165 (of 416)

Best time in course: 1:44:43

Rank in category: 24(of 72)

Best time in the category: 2:13:51

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	18:25	5:34	26	2:59	148	4:59	3.30	18:25	5:34	26	2:59	148	4:59
Bremer Hütte	2.40	15:59	6:39	24	2:03	168	4:53	5.70	34:24	6:02	24	3:48	158	9:52
Hermannsklippe	3.30	21:55	6:38	24	3:20	179	7:03	9.00	56:19	6:15	25	7:08	170	16:54
Brocken	3.10	30:45	9:55	34	6:46	236	12:24	12.10	1:27:04	7:11	27	13:54	188	29:18
Eiserner Handwe	3.60	17:44	4:55	19	2:11	125	5:12	15.70	1:44:48	6:40	24	15:13	168	34:30
Bremer Hütte	4.10	20:38	5:01	21	2:08	131	5:44	19.80	2:05:26	6:20	23	16:39	159	39:57
Loddenke	3.10	11:23	3:40	23	2:13	166	3:25	22.90	2:16:49	5:58	23	16:37	160	43:22
Ilseburg/Markt	3.30	16:32	5:00	32	3:24	203	5:16	26.20	2:33:21	5:51	24	19:30	165	48:38