



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Albrecht, Martin

Club: Hannover/Seelze/Velber
Number: 143

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:33:33

Speed: 10.24 km/h
Running performance: 5:52 min/km

Rank in course/Total: 180 (of 506)

Rank in course/Men: 166 (of 416)

Best time in course: 1:44:43

Rank in category: 19(of 52)

Best time in the category: 2:08:09

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	18:06	5:29	10	1:43	125	4:40	3.30	18:06	5:29	10	1:43	125	4:40
Bremer Hütte	2.40	15:56	6:38	19	2:02	164	4:50	5.70	34:02	5:58	16	3:38	146	9:30
Hermannsklippe	3.30	21:43	6:34	21	3:15	169	6:51	9.00	55:45	6:11	19	6:53	157	16:20
Brocken	3.10	28:10	9:05	17	5:47	157	9:49	12.10	1:23:55	6:56	20	10:59	151	26:09
Eiserner Handwe	3.60	17:44	4:55	15	3:31	125	5:12	15.70	1:41:39	6:28	17	13:10	139	31:21
Bremer Hütte	4.10	22:03	5:22	21	4:46	195	7:09	19.80	2:03:42	6:14	17	17:54	143	38:13
Loddenke	3.10	11:47	3:48	22	2:50	195	3:49	22.90	2:15:29	5:54	18	20:32	149	42:02
Ilseburg/Markt	3.30	18:04	5:28	40	5:06	291	6:48	26.20	2:33:33	5:51	19	25:24	166	48:50