



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Jensen, Ib

Club: Kolding Motion
Number: 13

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:33:55

Speed: 10.21 km/h
Running performance: 5:52 min/km

Rank in course/Total: 183 (of 506)

Rank in course/Men: 168 (of 416)

Best time in course: 1:44:43

Rank in category: 21(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	19:26	5:53	28	3:03	218	6:00	3.30	19:26	5:53	28	3:03	218	6:00
Bremer Hütte	2.40	17:00	7:05	29	3:06	237	5:54	5.70	36:26	6:23	28	6:02	225	11:54
Hermannsklippe	3.30	22:17	6:45	27	3:49	204	7:25	9.00	58:43	6:31	25	9:51	218	19:18
Brocken	3.10	29:21	9:28	25	6:58	187	11:00	12.10	1:28:04	7:16	25	15:08	204	30:18
Eiserner Handwe	3.60	17:10	4:46	11	2:57	104	4:38	15.70	1:45:14	6:42	22	16:45	174	34:56
Bremer Hütte	4.10	22:19	5:26	23	5:02	208	7:25	19.80	2:07:33	6:26	22	21:45	180	42:04
Loddenke	3.10	11:15	3:37	16	2:18	153	3:17	22.90	2:18:48	6:03	21	23:51	174	45:21
Ilseburg/Markt	3.30	15:07	4:34	12	2:09	114	3:51	26.20	2:33:55	5:52	21	25:46	168	49:12