



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

von Hammerstein, Leonard

Club: Essen
Number: 572

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:34:09

Speed: 10.12 km/h
Running performance: 5:53 min/km

Rank in course/Total: 185 (of 506)

Rank in course/Men: 170 (of 416)

Best time in course: 1:44:43

Rank in category: 20(of 45)

Best time in the category: 1:49:19

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	17:49	5:23	12	4:23	103	4:23	3.30	17:49	5:23	12	4:23	103	4:23
Bremer Hütte	2.40	15:18	6:22	20	4:12	115	4:12	5.70	33:07	5:48	14	8:35	98	8:35
Hermannsklippe	3.30	20:31	6:13	18	5:37	107	5:39	9.00	53:38	5:57	17	14:12	105	14:13
Brocken	3.10	25:29	8:13	12	6:29	62	7:08	12.10	1:19:07	6:32	14	20:41	82	21:21
Eiserner Handwe	3.60	20:07	5:35	29	7:02	234	7:35	15.70	1:39:14	6:19	17	26:59	119	28:56
Bremer Hütte	4.10	24:31	5:58	36	8:54	300	9:37	19.80	2:03:45	6:15	18	35:45	144	38:16
Loddenke	3.10	12:56	4:10	35	4:49	279	4:58	22.90	2:16:41	5:58	18	40:00	158	43:14
Ilseburg/Markt	3.30	17:28	5:17	30	5:59	257	6:12	26.20	2:34:09	5:53	20	44:50	170	49:26