



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Jermis, Dieter

Club: Hameln  
Number: 188

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:34:51

Speed: 10.07 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 191 (of 506)

Rank in course/Men: 174 (of 416)

Best time in course: 1:44:43

Rank in category: 5(of 20)

Best time in the category: 2:24:51

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	19:00	5:45	5	1:25	198	5:34	3.30	19:00	5:45	5	1:25	198	5:34
Bremer Hütte	2.40	16:47	6:59	6	2:00	228	5:41	5.70	35:47	6:16	5	3:25	207	11:15
Hermannsklippe	3.30	22:33	6:50	6	1:52	220	7:41	9.00	58:20	6:28	5	5:17	200	18:55
Brocken	3.10	28:00	9:01	6	1:33	149	9:39	12.10	1:26:20	7:08	5	6:50	179	28:34
Eiserner Handwe	3.60	18:03	5:00	4	1:12	136	5:31	15.70	1:44:23	6:38	5	7:17	166	34:05
Bremer Hütte	4.10	20:45	5:03	2	0:54	138	5:51	19.80	2:05:08	6:19	5	6:32	157	39:39
Loddenke	3.10	11:16	3:38	4	1:06	155	3:18	22.90	2:16:24	5:57	5	6:51	156	42:57
Ilseburg/Markt	3.30	18:27	5:35	11	3:36	311	7:11	26.20	2:34:51	5:54	5	10:00	174	50:08