



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Grunwald, Lars

Club: Team twinfit
Number: 149

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:35:02

Speed: 10.14 km/h
Running performance: 5:55 min/km

Rank in course/Total: 192 (of 506)

Rank in course/Men: 175 (of 416)

Best time in course: 1:44:43

Rank in category: 25(of 48)

Best time in the category: 1:44:43

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	18:46	5:41	23	5:20	177	5:20	3.30	18:46	5:41	23	5:20	177	5:20
Bremer Hütte	2.40	15:35	6:29	21	4:28	144	4:29	5.70	34:21	6:01	22	9:48	155	9:49
Hermannsklippe	3.30	21:19	6:27	22	6:27	150	6:27	9.00	55:40	6:11	21	16:15	154	16:15
Brocken	3.10	27:57	9:00	22	9:36	147	9:36	12.10	1:23:37	6:54	22	25:51	145	25:51
Eiserner Handwe	3.60	20:01	5:33	27	7:29	230	7:29	15.70	1:43:38	6:36	23	33:20	161	33:20
Bremer Hütte	4.10	22:55	5:35	28	7:44	240	8:01	19.80	2:06:33	6:23	24	41:04	169	41:04
Loddenke	3.10	11:41	3:46	26	3:43	187	3:43	22.90	2:18:14	6:02	24	44:47	171	44:47
Ilseburg/Markt	3.30	16:48	5:05	27	5:32	221	5:32	26.20	2:35:02	5:55	25	50:19	175	50:19