



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Herberg, Kay

Club: Hannover  
Number: 553

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:35:04

Speed: 10.06 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 193 (of 506)

Rank in course/Men: 176 (of 416)

Best time in course: 1:44:43

Rank in category: 26(of 72)

Best time in the category: 2:13:51

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	18:54	5:43	36	3:28	192	5:28	3.30	18:54	5:43	36	3:28	192	5:28
Bremer Hütte	2.40	15:58	6:39	23	2:02	166	4:52	5.70	34:52	6:07	28	4:16	177	10:20
Hermannsklippe	3.30	22:14	6:44	28	3:39	199	7:22	9.00	57:06	6:20	28	7:55	182	17:41
Brocken	3.10	29:56	9:39	26	5:57	211	11:35	12.10	1:27:02	7:11	26	13:52	187	29:16
Eiserner Handwe	3.60	18:15	5:04	24	2:42	153	5:43	15.70	1:45:17	6:42	27	15:42	175	34:59
Bremer Hütte	4.10	21:04	5:08	24	2:34	143	6:10	19.80	2:06:21	6:22	27	17:34	168	40:52
Loddenke	3.10	11:24	3:40	25	2:14	171	3:26	22.90	2:17:45	6:00	25	17:33	169	44:18
Ilseburg/Markt	3.30	17:19	5:14	42	4:11	247	6:03	26.20	2:35:04	5:55	26	21:13	176	50:21