



48. Brockenlauf

Ilseburg / 01.09.2018

Detailed evaluation

Berndt, Tommy

Club: SchiekepannElf
Number: 58

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:36:09

Speed: 9.99 km/h
Running performance: 5:58 min/km

Rank in course/Total: 204 (of 506)

Rank in course/Men: 186 (of 416)

Best time in course: 1:44:43

Rank in category: 24(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	18:40	5:39	19	5:14	161	5:14	3.30	18:40	5:39	19	5:14	161	5:14
Bremer Hütte	2.40	14:34	6:04	12	3:28	71	3:28	5.70	33:14	5:49	16	8:42	108	8:42
Hermannsklippe	3.30	19:54	6:01	12	5:00	73	5:02	9.00	53:08	5:54	15	13:42	94	13:43
Brocken	3.10	30:27	9:49	32	11:27	221	12:06	12.10	1:23:35	6:54	21	25:09	143	25:49
Eiserner Handwe	3.60	23:33	6:32	39	10:28	360	11:01	15.70	1:47:08	6:49	27	34:53	199	36:50
Bremer Hütte	4.10	21:46	5:18	26	6:09	179	6:52	19.80	2:08:54	6:30	28	40:54	191	43:25
Loddenke	3.10	11:50	3:49	25	3:43	204	3:52	22.90	2:20:44	6:08	27	44:03	194	47:17
Ilseburg/Markt	3.30	15:25	4:40	21	3:56	136	4:09	26.20	2:36:09	5:57	24	46:50	186	51:26