



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

**Birla, Clemens**

Club: Köln  
Number: 60

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:36:12

Speed: 10.06 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 206 (of 506)

Rank in course/Men: 188 (of 416)

Best time in course: 1:44:43

Rank in category: 26(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	20:34	6:13	37	7:08	286	7:08	3.30	20:34	6:13	37	7:08	286	7:08
Bremer Hütte	2.40	16:29	6:52	28	5:23	201	5:23	5.70	37:03	6:30	33	12:31	248	12:31
Hermannsklippe	3.30	21:54	6:38	28	7:00	178	7:02	9.00	58:57	6:33	32	19:31	221	19:32
Brocken	3.10	28:45	9:16	22	9:45	170	10:24	12.10	1:27:42	7:14	30	29:16	200	29:56
Eiserner Handwe	3.60	18:55	5:15	19	5:50	178	6:23	15.70	1:46:37	6:47	24	34:22	192	36:19
Bremer Hütte	4.10	22:07	5:23	27	6:30	198	7:13	19.80	2:08:44	6:30	26	40:44	189	43:15
Loddenke	3.10	11:17	3:38	20	3:10	157	3:19	22.90	2:20:01	6:06	25	43:20	186	46:34
Ilseburg/Markt	3.30	16:11	4:54	25	4:42	186	4:55	26.20	2:36:12	5:57	26	46:53	188	51:29