



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Grosser, Torsten

Club: AP Racing Team
Number: 471

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:13

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

Rank in course/Total: 207 (of 506)

Rank in course/Men: 189 (of 416)

Best time in course: 1:44:43

Rank in category: 29(of 66)

Best time in the category: 1:51:00

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	18:22	5:33	22	4:56	143	4:56	3.30	18:22	5:33	22	4:56	143	4:56
Bremer Hütte	2.40	17:29	7:17	43	6:05	271	6:23	5.70	35:51	6:17	34	11:01	209	11:19
Hermannsklippe	3.30	23:31	7:07	41	7:58	266	8:39	9.00	59:22	6:35	34	18:59	227	19:57
Brocken	3.10	31:20	10:06	40	10:58	256	12:59	12.10	1:30:42	7:29	36	29:48	246	32:56
Eiserner Handwe	3.60	18:09	5:02	23	4:55	142	5:37	15.70	1:48:51	6:55	33	34:43	221	38:33
Bremer Hütte	4.10	20:44	5:03	23	5:14	137	5:50	19.80	2:09:35	6:32	29	39:15	198	44:06
Loddenke	3.10	10:54	3:30	25	2:54	125	2:56	22.90	2:20:29	6:08	29	41:18	190	47:02
Ilseburg/Markt	3.30	15:44	4:46	29	4:05	156	4:28	26.20	2:36:13	5:57	29	45:13	189	51:30