



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Schwingel, Fabian

Club: Bad Salzdetfurth
Number: 512

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:36:57

Speed: 9.94 km/h
Running performance: 5:59 min/km

Rank in course/Total: 209 (of 506)

Rank in course/Men: 191 (of 416)

Best time in course: 1:44:43

Rank in category: 28(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	20:07	6:05	33	6:41	264	6:41	3.30	20:07	6:05	33	6:41	264	6:41
Bremer Hütte	2.40	16:42	6:57	32	5:36	218	5:36	5.70	36:49	6:27	32	12:17	241	12:17
Hermannsklippe	3.30	21:44	6:35	25	6:50	170	6:52	9.00	58:33	6:30	30	19:07	211	19:08
Brocken	3.10	27:20	8:49	20	8:20	121	8:59	12.10	1:25:53	7:05	24	27:27	175	28:07
Eiserner Handwe	3.60	19:04	5:17	21	5:59	190	6:32	15.70	1:44:57	6:41	20	32:42	172	34:39
Bremer Hütte	4.10	22:08	5:23	28	6:31	199	7:14	19.80	2:07:05	6:25	22	39:05	174	41:36
Loddenke	3.10	11:46	3:47	24	3:39	193	3:48	22.90	2:18:51	6:03	21	42:10	175	45:24
Ilseburg/Markt	3.30	18:06	5:29	37	6:37	294	6:50	26.20	2:36:57	5:59	28	47:38	191	52:14