



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Riemann, Helge

Club: Nordhausen
Number: 552

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:37:00

Speed: 10.01 km/h
Running performance: 5:59 min/km

Rank in course/Total: 211 (of 506)

Rank in course/Men: 193 (of 416)

Best time in course: 1:44:43

Rank in category: 27(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	18:12	5:30	22	2:46	134	4:46	3.30	18:12	5:30	22	2:46	134	4:46
Bremer Hütte	2.40	15:42	6:32	21	1:46	153	4:36	5.70	33:54	5:56	21	3:18	140	9:22
Hermannsklippe	3.30	20:53	6:19	13	2:18	125	6:01	9.00	54:47	6:05	18	5:36	132	15:22
Brocken	3.10	29:21	9:28	20	5:22	187	11:00	12.10	1:24:08	6:57	19	10:58	158	26:22
Eiserner Handwe	3.60	18:21	5:05	26	2:48	158	5:49	15.70	1:42:29	6:31	20	12:54	146	32:11
Bremer Hütte	4.10	23:02	5:37	38	4:32	247	8:08	19.80	2:05:31	6:20	24	16:44	160	40:02
Loddenke	3.10	13:41	4:24	53	4:31	320	5:43	22.90	2:19:12	6:04	27	19:00	177	45:45
Ilseburg/Markt	3.30	17:48	5:23	50	4:40	278	6:32	26.20	2:37:00	5:59	27	23:09	193	52:17