



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Fricke, André

Club: TUS Jork  
Number: 570

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:37:23

Speed: 9.99 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 215 (of 506)

Rank in course/Men: 196 (of 416)

Best time in course: 1:44:43

Rank in category: 29(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	19:15	5:50	26	5:49	211	5:49	3.30	19:15	5:50	26	5:49	211	5:49
Bremer Hütte	2.40	16:24	6:49	27	5:18	199	5:18	5.70	35:39	6:15	26	11:07	202	11:07
Hermannsklippe	3.30	21:34	6:32	24	6:40	166	6:42	9.00	57:13	6:21	24	17:47	186	17:48
Brocken	3.10	29:32	9:31	28	10:32	197	11:11	12.10	1:26:45	7:10	25	28:19	184	28:59
Eiserner Handwe	3.60	19:21	5:22	23	6:16	201	6:49	15.70	1:46:06	6:45	23	33:51	186	35:48
Bremer Hütte	4.10	21:39	5:16	25	6:02	173	6:45	19.80	2:07:45	6:27	23	39:45	182	42:16
Loddenke	3.10	13:01	4:11	36	4:54	282	5:03	22.90	2:20:46	6:08	29	44:05	196	47:19
Ilseburg/Markt	3.30	16:37	5:02	26	5:08	210	5:21	26.20	2:37:23	6:00	29	48:04	196	52:40