



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Johnsen, Steven

Club: Göttingen  
Number: 189

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:38:14

Speed: 9.93 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 220 (of 506)

Rank in course/Men: 201 (of 416)

Best time in course: 1:44:43

Rank in category: 37(of 58)

Best time in the category: 1:54:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:57	6:02	40	5:52	249	6:31	3.30	19:57	6:02	40	5:52	249	6:31
Bremer Hütte	2.40	15:45	6:33	32	3:14	158	4:39	5.70	35:42	6:15	37	9:03	205	11:10
Hermannsklippe	3.30	21:30	6:30	33	4:52	162	6:38	9.00	57:12	6:21	35	13:34	185	17:47
Brocken	3.10	26:13	8:27	19	5:36	83	7:52	12.10	1:23:25	6:53	31	19:06	141	25:39
Eiserner Handwe	3.60	20:57	5:49	47	7:40	270	8:25	15.70	1:44:22	6:38	34	26:21	165	34:04
Bremer Hütte	4.10	25:36	6:14	51	10:05	342	10:42	19.80	2:09:58	6:33	39	36:26	206	44:29
Loddenke	3.10	12:41	4:05	42	4:21	263	4:43	22.90	2:22:39	6:13	38	40:47	208	49:12
Ilseburg/Markt	3.30	15:35	4:43	32	3:08	145	4:19	26.20	2:38:14	6:02	37	43:55	201	53:31