



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Malle, Christian

Club: ESV Rot-Weiss Göttingen
Number: 259

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:38:26

Speed: 9.85 km/h
Running performance: 6:03 min/km

Rank in course/Total: 222 (of 506)

Rank in course/Men: 202 (of 416)

Best time in course: 1:44:43

Rank in category: 30(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	20:57	6:20	39	7:31	298	7:31	3.30	20:57	6:20	39	7:31	298	7:31
Bremer Hütte	2.40	16:36	6:55	30	5:30	209	5:30	5.70	37:33	6:35	36	13:01	268	13:01
Hermannsklippe	3.30	22:44	6:53	33	7:50	229	7:52	9.00	1:00:17	6:41	35	20:51	252	20:52
Brocken	3.10	29:15	9:26	25	10:15	185	10:54	12.10	1:29:32	7:23	34	31:06	227	31:46
Eiserner Handwe	3.60	19:33	5:25	24	6:28	207	7:01	15.70	1:49:05	6:56	33	36:50	223	38:47
Bremer Hütte	4.10	21:09	5:09	20	5:32	148	6:15	19.80	2:10:14	6:34	31	42:14	209	44:45
Loddenke	3.10	11:20	3:39	21	3:13	162	3:22	22.90	2:21:34	6:10	31	44:53	200	48:07
Ilseburg/Markt	3.30	16:52	5:06	28	5:23	231	5:36	26.20	2:38:26	6:02	30	49:07	202	53:43