



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Sowada, Peter

Club: Schneller gehts nicht  
Number: 377

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:39:04

Speed: 9.88 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 228 (of 506)

Rank in course/Men: 207 (of 416)

Best time in course: 1:44:43

Rank in category: 27(of 52)

Best time in the category: 2:08:09

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	19:08	5:47	26	2:45	207	5:42	3.30	19:08	5:47	26	2:45	207	5:42
Bremer Hütte	2.40	17:36	7:20	37	3:42	275	6:30	5.70	36:44	6:26	30	6:20	237	12:12
Hermannsklippe	3.30	23:30	7:07	37	5:02	265	8:38	9.00	1:00:14	6:41	34	11:22	247	20:49
Brocken	3.10	32:49	10:35	41	10:26	297	14:28	12.10	1:33:03	7:41	41	20:07	275	35:17
Eiserner Handwe	3.60	17:42	4:54	14	3:29	123	5:10	15.70	1:50:45	7:03	36	22:16	246	40:27
Bremer Hütte	4.10	20:06	4:54	11	2:49	113	5:12	19.80	2:10:51	6:36	27	25:03	214	45:22
Loddenke	3.10	11:57	3:51	27	3:00	216	3:59	22.90	2:22:48	6:14	28	27:51	210	49:21
Ilseburg/Markt	3.30	16:16	4:55	21	3:18	188	5:00	26.20	2:39:04	6:04	27	30:55	207	54:21