



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Mika, Rainer

Club: VtB Salzkotten
Number: 548

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:39:09

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

Rank in course/Total: 230 (of 506)

Rank in course/Men: 209 (of 416)

Best time in course: 1:44:43

Rank in category: 31(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	19:05	5:46	39	3:39	202	5:39	3.30	19:05	5:46	39	3:39	202	5:39
Bremer Hütte	2.40	16:32	6:53	35	2:36	206	5:26	5.70	35:37	6:14	38	5:01	200	11:05
Hermannsklippe	3.30	22:31	6:49	31	3:56	219	7:39	9.00	58:08	6:27	34	8:57	199	18:43
Brocken	3.10	31:05	10:01	35	7:06	246	12:44	12.10	1:29:13	7:22	35	16:03	221	31:27
Eiserner Handwe	3.60	18:57	5:15	32	3:24	181	6:25	15.70	1:48:10	6:53	33	18:35	215	37:52
Bremer Hütte	4.10	21:54	5:20	30	3:24	186	7:00	19.80	2:10:04	6:34	33	21:17	207	44:35
Loddenke	3.10	11:28	3:41	26	2:18	175	3:30	22.90	2:21:32	6:10	30	21:20	199	48:05
Ilseburg/Markt	3.30	17:37	5:20	47	4:29	266	6:21	26.20	2:39:09	6:04	31	25:18	209	54:26