



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Zürn, Rolf

Club: Schöntal-Westernhausen
Number: 445

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:40:27

Speed: 9.80 km/h
Running performance: 6:07 min/km

Rank in course/Total: 238 (of 506)

Rank in course/Men: 216 (of 416)

Best time in course: 1:44:43

Rank in category: 34(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	19:31	5:54	43	4:05	228	6:05	3.30	19:31	5:54	43	4:05	228	6:05
Bremer Hütte	2.40	16:39	6:56	37	2:43	215	5:33	5.70	36:10	6:20	40	5:34	217	11:38
Hermannsklippe	3.30	22:56	6:56	37	4:21	235	8:04	9.00	59:06	6:33	39	9:55	222	19:41
Brocken	3.10	30:30	9:50	31	6:31	227	12:09	12.10	1:29:36	7:24	37	16:26	228	31:50
Eiserner Handwe	3.60	18:48	5:13	30	3:15	176	6:16	15.70	1:48:24	6:54	34	18:49	217	38:06
Bremer Hütte	4.10	22:32	5:29	36	4:02	217	7:38	19.80	2:10:56	6:36	35	22:09	217	45:27
Loddenke	3.10	12:32	4:02	42	3:22	255	4:34	22.90	2:23:28	6:15	36	23:16	218	50:01
Ilseburg/Markt	3.30	16:59	5:08	38	3:51	234	5:43	26.20	2:40:27	6:07	34	26:36	216	55:44