



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Begemann, Horst

Club: TG Wehlheiden
Number: 51

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:41:50

Speed: 9.64 km/h
Running performance: 6:11 min/km

Rank in course/Total: 246 (of 506)

Rank in course/Men: 224 (of 416)

Best time in course: 1:44:43

Rank in category: 29(of 52)

Best time in the category: 2:08:09

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	18:41	5:39	18	2:18	164	5:15	3.30	18:41	5:39	18	2:18	164	5:15
Bremer Hütte	2.40	16:23	6:49	24	2:29	196	5:17	5.70	35:04	6:09	24	4:40	183	10:32
Hermannsklippe	3.30	21:48	6:36	22	3:20	173	6:56	9.00	56:52	6:19	23	8:00	178	17:27
Brocken	3.10	31:24	10:07	38	9:01	258	13:03	12.10	1:28:16	7:17	26	15:20	210	30:30
Eiserner Handwe	3.60	20:53	5:48	37	6:40	265	8:21	15.70	1:49:09	6:57	29	20:40	226	38:51
Bremer Hütte	4.10	23:02	5:37	32	5:45	247	8:08	19.80	2:12:11	6:40	31	26:23	226	46:42
Loddenke	3.10	12:30	4:01	36	3:33	252	4:32	22.90	2:24:41	6:19	29	29:44	223	51:14
Ilseburg/Markt	3.30	17:09	5:11	33	4:11	243	5:53	26.20	2:41:50	6:10	29	33:41	224	57:07