



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Saage, Ansgar

Club: Aktion Löwenmama
Number: 322

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:42:27

Speed: 9.68 km/h
Running performance: 6:12 min/km

Rank in course/Total: 251 (of 506)

Rank in course/Men: 226 (of 416)

Best time in course: 1:44:43

Rank in category: 37(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	20:01	6:03	48	4:35	255	6:35	3.30	20:01	6:03	48	4:35	255	6:35
Bremer Hütte	2.40	16:56	7:03	41	3:00	233	5:50	5.70	36:57	6:28	44	6:21	243	12:25
Hermannsklippe	3.30	23:16	7:03	42	4:41	248	8:24	9.00	1:00:13	6:41	43	11:02	244	20:48
Brocken	3.10	31:08	10:02	37	7:09	252	12:47	12.10	1:31:21	7:32	45	18:11	254	33:35
Eiserner Handwe	3.60	20:39	5:44	44	5:06	255	8:07	15.70	1:52:00	7:08	44	22:25	256	41:42
Bremer Hütte	4.10	22:08	5:23	32	3:38	199	7:14	19.80	2:14:08	6:46	41	25:21	247	48:39
Loddenke	3.10	11:53	3:49	34	2:43	210	3:55	22.90	2:26:01	6:22	38	25:49	237	52:34
Ilseburg/Markt	3.30	16:26	4:58	30	3:18	199	5:10	26.20	2:42:27	6:12	37	28:36	226	57:44