



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

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Club: LAC Eichsfeld/ Blindenlaufschule
Number: 183

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:42:54

Speed: 9.58 km/h
Running performance: 6:13 min/km

Rank in course/Total: 256 (of 506)

Rank in course/Men: 231 (of 416)

Best time in course: 1:44:43

Rank in category: 31(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 | 19:34 | 5:55 | 33 | 3:11 | 229 | 6:08 | 3.30 | 19:34 | 5:55 | 33 | 3:11 | 229 | 6:08 |
| Bremer Hütte | 2.40 | 17:44 | 7:23 | 40 | 3:50 | 287 | 6:38 | 5.70 | 37:18 | 6:32 | 36 | 6:54 | 255 | 12:46 |
| Hermannsklippe | 3.30 | 23:08 | 7:00 | 32 | 4:40 | 240 | 8:16 | 9.00 | 1:00:26 | 6:42 | 36 | 11:34 | 254 | 21:01 |
| Brocken | 3.10 | 29:45 | 9:35 | 26 | 7:22 | 203 | 11:24 | 12.10 | 1:30:11 | 7:27 | 30 | 17:15 | 236 | 32:25 |
| Eiserner Handwe | 3.60 | 19:42 | 5:28 | 31 | 5:29 | 217 | 7:10 | 15.70 | 1:49:53 | 6:59 | 31 | 21:24 | 232 | 39:35 |
| Bremer Hütte | 4.10 | 22:48 | 5:33 | 30 | 5:31 | 234 | 7:54 | 19.80 | 2:12:41 | 6:42 | 32 | 26:53 | 228 | 47:12 |
| Loddenke | 3.10 | 12:24 | 4:00 | 33 | 3:27 | 243 | 4:26 | 22.90 | 2:25:05 | 6:20 | 31 | 30:08 | 226 | 51:38 |
| Ilseburg/Markt | 3.30 | 17:49 | 5:23 | 38 | 4:51 | 279 | 6:33 | 26.20 | 2:42:54 | 6:13 | 31 | 34:45 | 231 | 58:11 |