



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Stöwesand, Frank

Club: L.T. Isenhagener Land  
Number: 518

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:42:56

Speed: 9.57 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 258 (of 506)

Rank in course/Men: 232 (of 416)

Best time in course: 1:44:43

Rank in category: 32(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	16:56	5:07	4	0:33	64	3:30	3.30	16:56	5:07	4	0:33	64	3:30
Bremer Hütte	2.40	16:10	6:44	23	2:16	179	5:04	5.70	33:06	5:48	9	2:42	97	8:34
Hermannsklippe	3.30	21:55	6:38	23	3:27	179	7:03	9.00	55:01	6:06	16	6:09	140	15:36
Brocken	3.10	30:46	9:55	34	8:23	238	12:25	12.10	1:25:47	7:05	22	12:51	174	28:01
Eiserner Handwe	3.60	21:01	5:50	38	6:48	274	8:29	15.70	1:46:48	6:48	23	18:19	194	36:30
Bremer Hütte	4.10	24:51	6:03	43	7:34	315	9:57	19.80	2:11:39	6:38	29	25:51	220	46:10
Loddenke	3.10	13:18	4:17	40	4:21	303	5:20	22.90	2:24:57	6:19	30	30:00	224	51:30
Ilseburg/Markt	3.30	17:59	5:26	39	5:01	287	6:43	26.20	2:42:56	6:13	32	34:47	232	58:13