



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Roth, Klaus

Club: Intro Braunschweig
Number: 563

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:43:08

Speed: 9.64 km/h
Running performance: 6:14 min/km

Rank in course/Total: 259 (of 506)

Rank in course/Men: 233 (of 416)

Best time in course: 1:44:43

Rank in category: 33(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	18:45	5:40	19	2:22	173	5:19	3.30	18:45	5:40	19	2:22	173	5:19
Bremer Hütte	2.40	17:10	7:09	32	3:16	252	6:04	5.70	35:55	6:18	25	5:31	210	11:23
Hermannsklippe	3.30	23:23	7:05	34	4:55	255	8:31	9.00	59:18	6:35	27	10:26	226	19:53
Brocken	3.10	33:19	10:44	42	10:56	309	14:58	12.10	1:32:37	7:39	39	19:41	267	34:51
Eiserner Handwe	3.60	17:56	4:58	16	3:43	132	5:24	15.70	1:50:33	7:02	34	22:04	243	40:15
Bremer Hütte	4.10	22:30	5:29	25	5:13	214	7:36	19.80	2:13:03	6:43	34	27:15	232	47:34
Loddenke	3.10	12:46	4:07	37	3:49	271	4:48	22.90	2:25:49	6:22	34	30:52	234	52:22
Ilseburg/Markt	3.30	17:19	5:14	35	4:21	247	6:03	26.20	2:43:08	6:13	33	34:59	233	58:25