



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Louda, Rainer

Club: Badeborn
Number: 495

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:43:19

Speed: 9.55 km/h
Running performance: 6:14 min/km

Rank in course/Total: 262 (of 506)

Rank in course/Men: 236 (of 416)

Best time in course: 1:44:43

Rank in category: 34(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	19:37	5:56	34	3:14	233	6:11	3.30	19:37	5:56	34	3:14	233	6:11
Bremer Hütte	2.40	17:08	7:08	30	3:14	248	6:02	5.70	36:45	6:26	31	6:21	239	12:13
Hermannsklippe	3.30	23:28	7:06	36	5:00	259	8:36	9.00	1:00:13	6:41	33	11:21	244	20:48
Brocken	3.10	30:29	9:50	29	8:06	226	12:08	12.10	1:30:42	7:29	34	17:46	246	32:56
Eiserner Handwe	3.60	19:48	5:30	32	5:35	220	7:16	15.70	1:50:30	7:02	33	22:01	240	40:12
Bremer Hütte	4.10	22:35	5:30	26	5:18	219	7:41	19.80	2:13:05	6:43	35	27:17	234	47:36
Loddenke	3.10	12:29	4:01	34	3:32	248	4:31	22.90	2:25:34	6:21	33	30:37	233	52:07
Ilseburg/Markt	3.30	17:45	5:22	37	4:47	277	6:29	26.20	2:43:19	6:14	34	35:10	236	58:36