



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Heide, Stephan

Club: Löwenläufer BS  
Number: 163

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:43:58

Speed: 9.59 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 269 (of 506)

Rank in course/Men: 243 (of 416)

Best time in course: 1:44:43

Rank in category: 41(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:21	5:33	25	2:55	141	4:55	3.30	18:21	5:33	25	2:55	141	4:55
Bremer Hütte	2.40	17:03	7:06	42	3:07	242	5:57	5.70	35:24	6:12	34	4:48	194	10:52
Hermannsklippe	3.30	24:02	7:16	50	5:27	292	9:10	9.00	59:26	6:36	40	10:15	229	20:01
Brocken	3.10	31:43	10:13	44	7:44	269	13:22	12.10	1:31:09	7:31	42	17:59	250	33:23
Eiserner Handwe	3.60	19:29	5:24	38	3:56	205	6:57	15.70	1:50:38	7:02	42	21:03	245	40:20
Bremer Hütte	4.10	23:06	5:38	39	4:36	253	8:12	19.80	2:13:44	6:45	39	24:57	242	48:15
Loddenke	3.10	12:22	3:59	40	3:12	240	4:24	22.90	2:26:06	6:22	39	25:54	238	52:39
Ilseburg/Markt	3.30	17:52	5:24	51	4:44	281	6:36	26.20	2:43:58	6:15	41	30:07	243	59:15