



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Preuß, Michael

Club: TuS Ahnsen
Number: 294

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:44:10

Speed: 9.50 km/h
Running performance: 6:16 min/km

Rank in course/Total: 271 (of 506)

Rank in course/Men: 245 (of 416)

Best time in course: 1:44:43

Rank in category: 37(of 66)

Best time in the category: 1:51:00

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	20:58	6:21	43	7:32	300	7:32	3.30	20:58	6:21	43	7:32	300	7:32
Bremer Hütte	2.40	17:09	7:08	37	5:45	249	6:03	5.70	38:07	6:41	40	13:17	284	13:35
Hermannsklippe	3.30	23:05	6:59	36	7:32	238	8:13	9.00	1:01:12	6:48	41	20:49	271	21:47
Brocken	3.10	31:23	10:07	41	11:01	257	13:02	12.10	1:32:35	7:39	40	31:41	266	34:49
Eiserner Handwe	3.60	19:40	5:27	37	6:26	215	7:08	15.70	1:52:15	7:08	39	38:07	261	41:57
Bremer Hütte	4.10	22:31	5:29	36	7:01	215	7:37	19.80	2:14:46	6:48	38	44:26	251	49:17
Loddenke	3.10	12:03	3:53	36	4:03	221	4:05	22.90	2:26:49	6:24	36	47:38	243	53:22
Ilseburg/Markt	3.30	17:21	5:15	43	5:42	252	6:05	26.20	2:44:10	6:15	37	53:10	245	59:27