



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hein, Ronald

Club: SV Langwedel
Number: 164

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:44:16

Speed: 9.57 km/h
Running performance: 6:16 min/km

Rank in course/Total: 273 (of 506)

Rank in course/Men: 246 (of 416)

Best time in course: 1:44:43

Rank in category: 38(of 66)

Best time in the category: 1:51:00

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	17:51	5:24	18	4:25	109	4:25	3.30	17:51	5:24	18	4:25	109	4:25
Bremer Hütte	2.40	15:44	6:33	24	4:20	154	4:38	5.70	33:35	5:53	20	8:45	130	9:03
Hermannsklippe	3.30	22:08	6:42	27	6:35	190	7:16	9.00	55:43	6:11	23	15:20	156	16:18
Brocken	3.10	29:52	9:38	29	9:30	209	11:31	12.10	1:25:35	7:04	24	24:41	172	27:49
Eiserner Handwe	3.60	19:53	5:31	39	6:39	226	7:21	15.70	1:45:28	6:43	26	31:20	180	35:10
Bremer Hütte	4.10	24:40	6:00	52	9:10	307	9:46	19.80	2:10:08	6:34	32	39:48	208	44:39
Loddenke	3.10	15:08	4:52	60	7:08	365	7:10	22.90	2:25:16	6:20	34	46:05	228	51:49
Ilseburg/Markt	3.30	19:00	5:45	55	7:21	336	7:44	26.20	2:44:16	6:16	38	53:16	246	59:33