



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Gemm, Karsten

Club: Hann. Münden  
Number: 133

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:45:36

Speed: 9.42 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 282 (of 506)

Rank in course/Men: 254 (of 416)

Best time in course: 1:44:43

Rank in category: 36(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	20:15	6:08	39	3:52	268	6:49	3.30	20:15	6:08	39	3:52	268	6:49
Bremer Hütte	2.40	17:14	7:10	33	3:20	256	6:08	5.70	37:29	6:34	39	7:05	267	12:57
Hermannsklippe	3.30	22:05	6:41	25	3:37	188	7:13	9.00	59:34	6:37	29	10:42	232	20:09
Brocken	3.10	29:04	9:22	23	6:41	176	10:43	12.10	1:28:38	7:19	27	15:42	214	30:52
Eiserner Handwe	3.60	19:55	5:31	33	5:42	227	7:23	15.70	1:48:33	6:54	28	20:04	220	38:15
Bremer Hütte	4.10	24:13	5:54	36	6:56	288	9:19	19.80	2:12:46	6:42	33	26:58	229	47:17
Loddenke	3.10	14:42	4:44	45	5:45	354	6:44	22.90	2:27:28	6:26	38	32:31	253	54:01
Ilseburg/Markt	3.30	18:08	5:29	41	5:10	295	6:52	26.20	2:45:36	6:19	36	37:27	254	1:00:53