



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Speidel, Jörg

Club: SV Kralenriede  
Number: 363

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:46:32

Speed: 9.37 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 294 (of 506)

Rank in course/Men: 264 (of 416)

Best time in course: 1:44:43

Rank in category: 38(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	19:28	5:53	30	3:05	222	6:02	3.30	19:28	5:53	30	3:05	222	6:02
Bremer Hütte	2.40	17:42	7:22	39	3:48	285	6:36	5.70	37:10	6:31	34	6:46	252	12:38
Hermannsklippe	3.30	24:03	7:17	42	5:35	294	9:11	9.00	1:01:13	6:48	39	12:21	272	21:48
Brocken	3.10	30:40	9:53	32	8:17	233	12:19	12.10	1:31:53	7:35	36	18:57	257	34:07
Eiserner Handwe	3.60	22:06	6:08	43	7:53	315	9:34	15.70	1:53:59	7:15	40	25:30	274	43:41
Bremer Hütte	4.10	23:45	5:47	35	6:28	272	8:51	19.80	2:17:44	6:57	40	31:56	276	52:15
Loddenke	3.10	12:14	3:56	31	3:17	233	4:16	22.90	2:29:58	6:32	39	35:01	275	56:31
Ilseburg/Markt	3.30	16:34	5:01	26	3:36	205	5:18	26.20	2:46:32	6:21	38	38:23	264	1:01:49