



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Frank, Jörg

Club: Düsseldorf
Number: 123

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:48:27

Speed: 9.26 km/h
Running performance: 6:26 min/km

Rank in course/Total: 303 (of 506)

Rank in course/Men: 272 (of 416)

Best time in course: 1:44:43

Rank in category: 46(of 58)

Best time in the category: 1:54:19

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	18:01	5:27	25	3:56	121	4:35	3.30	18:01	5:27	25	3:56	121	4:35
Bremer Hütte	2.40	17:07	7:07	46	4:36	246	6:01	5.70	35:08	6:09	35	8:29	187	10:36
Hermannsklippe	3.30	23:28	7:06	46	6:50	259	8:36	9.00	58:36	6:30	40	14:58	215	19:11
Brocken	3.10	36:39	11:49	55	16:02	373	18:18	12.10	1:35:15	7:52	49	30:56	294	37:29
Eiserner Handwe	3.60	20:19	5:38	42	7:02	245	7:47	15.70	1:55:34	7:21	48	37:33	288	45:16
Bremer Hütte	4.10	21:59	5:21	37	6:28	191	7:05	19.80	2:17:33	6:56	46	44:01	274	52:04
Loddenke	3.10	12:05	3:53	37	3:45	222	4:07	22.90	2:29:38	6:32	45	47:46	268	56:11
Ilseburg/Markt	3.30	18:49	5:42	49	6:22	328	7:33	26.20	2:48:27	6:25	46	54:08	272	1:03:44