



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Jahn, Dieter

Club: NIX tun kann JEDER
Number: 185

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:48:51

Speed: 9.31 km/h
Running performance: 6:26 min/km

Rank in course/Total: 310 (of 506)

Rank in course/Men: 278 (of 416)

Best time in course: 1:44:43

Rank in category: 34(of 48)

Best time in the category: 1:44:43

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	20:50	6:18	35	7:24	294	7:24	3.30	20:50	6:18	35	7:24	294	7:24
Bremer Hütte	2.40	17:37	7:20	36	6:30	277	6:31	5.70	38:27	6:44	36	13:54	292	13:55
Hermannsklippe	3.30	23:58	7:15	37	9:06	288	9:06	9.00	1:02:25	6:56	37	23:00	291	23:00
Brocken	3.10	31:01	10:00	34	12:40	245	12:40	12.10	1:33:26	7:43	35	35:40	279	35:40
Eiserner Handwe	3.60	20:27	5:40	30	7:55	252	7:55	15.70	1:53:53	7:15	35	43:35	273	43:35
Bremer Hütte	4.10	22:46	5:33	26	7:35	229	7:52	19.80	2:16:39	6:54	33	51:10	264	51:10
Loddenke	3.10	13:17	4:17	38	5:19	301	5:19	22.90	2:29:56	6:32	34	56:29	274	56:29
Ilseburg/Markt	3.30	18:55	5:43	41	7:39	333	7:39	26.20	2:48:51	6:26	34	1:04:08	278	1:04:08