



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Teske, Matthias

Club: Team Fritz  
Number: 400

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:49:39

Speed: 9.20 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 315 (of 506)

Rank in course/Men: 280 (of 416)

Best time in course: 1:44:43

Rank in category: 45(of 66)

Best time in the category: 1:51:00

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	24:17	7:21	64	10:51	398	10:51	3.30	24:17	7:21	64	10:51	398	10:51
Bremer Hütte	2.40	18:55	7:52	53	7:31	336	7:49	5.70	43:12	7:34	60	18:22	372	18:40
Hermannsklippe	3.30	22:40	6:52	34	7:07	224	7:48	9.00	1:05:52	7:19	53	25:29	332	26:27
Brocken	3.10	29:51	9:37	28	9:29	208	11:30	12.10	1:35:43	7:54	46	34:49	298	37:57
Eiserner Handwe	3.60	21:17	5:54	49	8:03	287	8:45	15.70	1:57:00	7:27	45	42:52	296	46:42
Bremer Hütte	4.10	22:48	5:33	39	7:18	234	7:54	19.80	2:19:48	7:03	45	49:28	287	54:19
Loddenke	3.10	12:45	4:06	44	4:45	269	4:47	22.90	2:32:33	6:39	45	53:22	283	59:06
Ilseburg/Markt	3.30	17:06	5:10	40	5:27	240	5:50	26.20	2:49:39	6:28	45	58:39	280	1:04:56