



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Wienhold, Jürgen

Club: Nikko Runners
Number: 427

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:50:35

Speed: 9.15 km/h
Running performance: 6:31 min/km

Rank in course/Total: 322 (of 506)

Rank in course/Men: 285 (of 416)

Best time in course: 1:44:43

Rank in category: 40(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	21:56	6:38	45	5:33	345	8:30	3.30	21:56	6:38	45	5:33	345	8:30
Bremer Hütte	2.40	18:00	7:30	44	4:06	297	6:54	5.70	39:56	7:00	45	9:32	320	15:24
Hermannsklippe	3.30	23:48	7:12	40	5:20	280	8:56	9.00	1:03:44	7:04	44	14:52	308	24:19
Brocken	3.10	32:07	10:21	40	9:44	281	13:46	12.10	1:35:51	7:55	42	22:55	299	38:05
Eiserner Handwe	3.60	22:07	6:08	44	7:54	316	9:35	15.70	1:57:58	7:30	42	29:29	301	47:40
Bremer Hütte	4.10	24:21	5:56	37	7:04	291	9:27	19.80	2:22:19	7:11	42	36:31	303	56:50
Loddenke	3.10	11:50	3:49	25	2:53	204	3:52	22.90	2:34:09	6:43	42	39:12	296	1:00:42
Ilseburg/Markt	3.30	16:26	4:58	25	3:28	199	5:10	26.20	2:50:35	6:30	40	42:26	285	1:05:52