



# 48. Brockenlauf

Ilseburg / 01.09.2018

## Detailed evaluation

**Köchy, Jan**

Club: Braunschweig  
Number: 486

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:51:29

Speed: 9.10 km/h  
Running performance: 6:33 min/km

Rank in course/Total: 332 (of 506)

Rank in course/Men: 293 (of 416)

Best time in course: 1:44:43

Rank in category: 23(of 29)

Best time in the category: 1:49:27

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	21:45	6:35	21	8:19	338	8:19	3.30	21:45	6:35	21	8:19	338	8:19
Bremer Hütte	2.40	18:26	7:40	24	7:11	311	7:20	5.70	40:11	7:02	22	15:30	325	15:39
Hermannsklippe	3.30	23:47	7:12	20	8:10	278	8:55	9.00	1:03:58	7:06	22	23:40	315	24:33
Brocken	3.10	27:42	8:56	12	7:25	136	9:21	12.10	1:31:40	7:34	21	31:05	256	33:54
Eiserner Handwe	3.60	23:32	6:32	23	10:25	359	11:00	15.70	1:55:12	7:20	21	41:30	282	44:54
Bremer Hütte	4.10	24:55	6:04	24	10:01	319	10:01	19.80	2:20:07	7:04	23	51:31	291	54:38
Loddenke	3.10	13:51	4:28	23	5:50	326	5:53	22.90	2:33:58	6:43	23	57:21	293	1:00:31
Ilseburg/Markt	3.30	17:31	5:18	20	5:08	260	6:15	26.20	2:51:29	6:32	23	1:02:02	293	1:06:46