



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Kappel, Fabian

Club: Goslar
Number: 197

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:51:34

Speed: 9.16 km/h
Running performance: 6:33 min/km

Rank in course/Total: 334 (of 506)

Rank in course/Men: 295 (of 416)

Best time in course: 1:44:43

Rank in category: 35(of 45)

Best time in the category: 1:49:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	22:14	6:44	42	8:48	360	8:48	3.30	22:14	6:44	42	8:48	360	8:48
Bremer Hütte	2.40	18:03	7:31	37	6:57	299	6:57	5.70	40:17	7:04	40	15:45	330	15:45
Hermannsklippe	3.30	24:54	7:32	37	10:00	321	10:02	9.00	1:05:11	7:14	40	25:45	327	25:46
Brocken	3.10	29:56	9:39	31	10:56	211	11:35	12.10	1:35:07	7:51	36	36:41	292	37:21
Eiserner Handwe	3.60	20:52	5:47	30	7:47	263	8:20	15.70	1:55:59	7:23	36	43:44	290	45:41
Bremer Hütte	4.10	24:32	5:59	37	8:55	303	9:38	19.80	2:20:31	7:05	36	52:31	295	55:02
Loddenke	3.10	13:02	4:12	37	4:55	284	5:04	22.90	2:33:33	6:42	35	56:52	292	1:00:06
Ilseburg/Markt	3.30	18:01	5:27	36	6:32	290	6:45	26.20	2:51:34	6:32	35	1:02:15	295	1:06:51