



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Stammer, Uwe

Club: Blau Weiß Hettstedt
Number: 381

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:51:50

Speed: 9.08 km/h
Running performance: 6:34 min/km

Rank in course/Total: 336 (of 506)

Rank in course/Men: 297 (of 416)

Best time in course: 1:44:43

Rank in category: 50(of 58)

Best time in the category: 1:54:19

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	21:34	6:32	54	7:29	333	8:08	3.30	21:34	6:32	54	7:29	333	8:08
Bremer Hütte	2.40	18:05	7:32	51	5:34	300	6:59	5.70	39:39	6:57	51	13:00	314	15:07
Hermannsklippe	3.30	24:48	7:30	50	8:10	318	9:56	9.00	1:04:27	7:09	52	20:49	317	25:02
Brocken	3.10	33:14	10:43	46	12:37	306	14:53	12.10	1:37:41	8:04	51	33:22	314	39:55
Eiserner Handwe	3.60	22:17	6:11	50	9:00	323	9:45	15.70	1:59:58	7:38	50	41:57	312	49:40
Bremer Hütte	4.10	22:11	5:24	39	6:40	205	7:17	19.80	2:22:09	7:10	50	48:37	301	56:40
Loddenke	3.10	12:00	3:52	36	3:40	217	4:02	22.90	2:34:09	6:43	49	52:17	296	1:00:42
Ilseburg/Markt	3.30	17:41	5:21	44	5:14	273	6:25	26.20	2:51:50	6:33	50	57:31	297	1:07:07