



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Scherbe, Ralf

Club: SSV-MG-Ahlsdorf
Number: 334

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:51:51

Speed: 9.15 km/h
Running performance: 6:34 min/km

Rank in course/Total: 337 (of 506)

Rank in course/Men: 298 (of 416)

Best time in course: 1:44:43

Rank in category: 47(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.	Stage score		Total ranking						
						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	8:08	333	8:08	3.30	21:34	6:32	54	8:08	333	8:08
Bremer Hütte	2.40	18:07	7:32	46	6:43	301	7:01	5.70	39:41	6:57	50	14:51	315	15:09
Hermannsklippe	3.30	24:48	7:30	50	9:15	318	9:56	9.00	1:04:29	7:09	50	24:06	318	25:04
Brocken	3.10	33:13	10:42	48	12:51	305	14:52	12.10	1:37:42	8:04	50	36:48	315	39:56
Eiserner Handwe	3.60	22:24	6:13	58	9:10	328	9:52	15.70	2:00:06	7:38	51	45:58	313	49:48
Bremer Hütte	4.10	22:05	5:23	35	6:35	197	7:11	19.80	2:22:11	7:10	48	51:51	302	56:42
Loddenke	3.10	12:00	3:52	35	4:00	217	4:02	22.90	2:34:11	6:43	47	55:00	298	1:00:44
Ilseburg/Markt	3.30	17:40	5:21	47	6:01	271	6:24	26.20	2:51:51	6:33	47	1:00:51	298	1:07:08