



48. Brockenlauf

Ilseburg / 01.09.2018

Detailed evaluation

Hartkopf, Ingo

Club: Burgdorf
Number: 160

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:52:10

Speed: 9.13 km/h
Running performance: 6:34 min/km

Rank in course/Total: 340 (of 506)

Rank in course/Men: 301 (of 416)

Best time in course: 1:44:43

Rank in category: 42(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.	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	21:43	6:34	44	5:20	337	8:17	3.30	21:43	6:34	44	5:20	337	8:17	
Bremer Hütte	2.40	17:49	7:25	42	3:55	290	6:43	5.70	39:32	6:56	44	9:08	311	15:00	
Hermannsklippe	3.30	23:41	7:10	39	5:13	273	8:49	9.00	1:03:13	7:01	43	14:21	301	23:48	
Brocken	3.10	29:48	9:36	27	7:25	206	11:27	12.10	1:33:01	7:41	40	20:05	274	35:15	
Eiserner Handwe	3.60	21:56	6:05	41	7:43	311	9:24	15.70	1:54:57	7:19	41	26:28	280	44:39	
Bremer Hütte	4.10	24:40	6:00	41	7:23	307	9:46	19.80	2:19:37	7:03	41	33:49	286	54:08	
Loddenke	3.10	13:46	4:26	42	4:49	324	5:48	22.90	2:33:23	6:41	41	38:26	289	59:56	
Ilseburg/Markt	3.30	18:47	5:41	43	5:49	326	7:31	26.20	2:52:10	6:34	42	44:01	301	1:07:27	