



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Barnstorf, Knut

Club: Post SV Lehrte
Number: 540

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:53:49

Speed: 9.04 km/h
Running performance: 6:38 min/km

Rank in course/Total: 347 (of 506)

Rank in course/Men: 304 (of 416)

Best time in course: 1:44:43

Rank in category: 52(of 72)

Best time in the category: 2:13:51

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	23:18	7:03	68	7:52	378	9:52	3.30	23:18	7:03	68	7:52	378	9:52
Bremer Hütte	2.40	18:34	7:44	57	4:38	322	7:28	5.70	41:52	7:20	62	11:16	354	17:20
Hermannsklippe	3.30	24:40	7:28	55	6:05	314	9:48	9.00	1:06:32	7:23	62	17:21	344	27:07
Brocken	3.10	32:19	10:25	48	8:20	289	13:58	12.10	1:38:51	8:10	56	25:41	325	41:05
Eiserner Handwe	3.60	22:01	6:06	55	6:28	312	9:29	15.70	2:00:52	7:41	56	31:17	319	50:34
Bremer Hütte	4.10	24:20	5:56	48	5:50	290	9:26	19.80	2:25:12	7:20	54	36:25	317	59:43
Loddenke	3.10	12:15	3:57	38	3:05	234	4:17	22.90	2:37:27	6:52	53	37:15	311	1:04:00
Ilseburg/Markt	3.30	16:22	4:57	28	3:14	193	5:06	26.20	2:53:49	6:38	52	39:58	304	1:09:06