



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Maiwald, Jochen

Club: Kiel
Number: 255

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:53:50

Speed: 8.97 km/h
Running performance: 6:38 min/km

Rank in course/Total: 348 (of 506)

Rank in course/Men: 305 (of 416)

Best time in course: 1:44:43

Rank in category: 49(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	24:01	7:16	62	10:35	393	10:35	3.30	24:01	7:16	62	10:35	393	10:35
Bremer Hütte	2.40	20:55	8:42	62	9:31	380	9:49	5.70	44:56	7:52	62	20:06	382	20:24
Hermannsklippe	3.30	24:19	7:22	47	8:46	304	9:27	9.00	1:09:15	7:41	60	28:52	367	29:50
Brocken	3.10	31:05	10:01	37	10:43	246	12:44	12.10	1:40:20	8:17	56	39:26	345	42:34
Eiserner Handwe	3.60	21:15	5:54	47	8:01	284	8:43	15.70	2:01:35	7:44	55	47:27	331	51:17
Bremer Hütte	4.10	23:27	5:43	44	7:57	263	8:33	19.80	2:25:02	7:19	53	54:42	315	59:33
Loddenke	3.10	12:15	3:57	39	4:15	234	4:17	22.90	2:37:17	6:52	52	58:06	310	1:03:50
Ilseburg/Markt	3.30	16:33	5:00	37	4:54	204	5:17	26.20	2:53:50	6:38	49	1:02:50	305	1:09:07