



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lich, Alexander

Club: SC DHfK Leipzig
Number: 245

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:54:23

Speed: 8.95 km/h
Running performance: 6:40 min/km

Rank in course/Total: 351 (of 506)

Rank in course/Men: 306 (of 416)

Best time in course: 1:44:43

Rank in category: 50(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	21:04	6:23	44	7:38	303	7:38	3.30	21:04	6:23	44	7:38	303	7:38
Bremer Hütte	2.40	19:08	7:58	56	7:44	341	8:02	5.70	40:12	7:03	51	15:22	328	15:40
Hermannsklippe	3.30	26:39	8:04	60	11:06	362	11:47	9.00	1:06:51	7:25	55	26:28	347	27:26
Brocken	3.10	35:12	11:21	56	14:50	349	16:51	12.10	1:42:03	8:26	57	41:09	354	44:17
Eiserner Handwe	3.60	19:00	5:16	32	5:46	184	6:28	15.70	2:01:03	7:42	53	46:55	322	50:45
Bremer Hütte	4.10	23:04	5:37	41	7:34	250	8:10	19.80	2:24:07	7:16	52	53:47	310	58:38
Loddenke	3.10	12:56	4:10	47	4:56	279	4:58	22.90	2:37:03	6:51	50	57:52	308	1:03:36
Ilseburg/Markt	3.30	17:20	5:15	42	5:41	250	6:04	26.20	2:54:23	6:39	50	1:03:23	306	1:09:40