



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Glodek, Ronny

Club: Berlin  
Number: 138

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:57:37

Speed: 8.78 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 376 (of 506)

Rank in course/Men: 325 (of 416)

Best time in course: 1:44:43

Rank in category: 42(of 48)

Best time in the category: 1:44:43

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	20:38	6:15	33	7:12	288	7:12	3.30	20:38	6:15	33	7:12	288	7:12
Bremer Hütte	2.40	17:53	7:27	38	6:46	292	6:47	5.70	38:31	6:45	37	13:58	295	13:59
Hermannsklippe	3.30	25:12	7:38	43	10:20	329	10:20	9.00	1:03:43	7:04	39	24:18	306	24:18
Brocken	3.10	35:00	11:17	45	16:39	346	16:39	12.10	1:38:43	8:09	41	40:57	322	40:57
Eiserner Handwe	3.60	21:36	6:00	38	9:04	301	9:04	15.70	2:00:19	7:39	40	50:01	315	50:01
Bremer Hütte	4.10	24:09	5:53	37	8:58	284	9:15	19.80	2:24:28	7:17	39	58:59	313	58:59
Loddenke	3.10	13:07	4:13	32	5:09	289	5:09	22.90	2:37:35	6:52	39	1:04:08	313	1:04:08
Ilseburg/Markt	3.30	20:02	6:04	45	8:46	362	8:46	26.20	2:57:37	6:46	42	1:12:54	325	1:12:54