



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bieder, Michael

Club: Benneckenstein
Number: 59

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:58:04

Speed: 8.83 km/h
Running performance: 6:48 min/km

Rank in course/Total: 380 (of 506)

Rank in course/Men: 329 (of 416)

Best time in course: 1:44:43

Rank in category: 56(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	21:23	6:28	52	7:57	325	7:57	3.30	21:23	6:28	52	7:57	325	7:57
Bremer Hütte	2.40	19:09	7:58	57	7:45	342	8:03	5.70	40:32	7:06	53	15:42	336	16:00
Hermannsklippe	3.30	25:12	7:38	52	9:39	329	10:20	9.00	1:05:44	7:18	52	25:21	331	26:19
Brocken	3.10	33:42	10:52	51	13:20	319	15:21	12.10	1:39:26	8:13	53	38:32	335	41:40
Eiserner Handwe	3.60	22:19	6:11	57	9:05	325	9:47	15.70	2:01:45	7:45	56	47:37	333	51:27
Bremer Hütte	4.10	24:54	6:04	55	9:24	317	10:00	19.80	2:26:39	7:24	55	56:19	331	1:01:10
Loddenke	3.10	13:09	4:14	49	5:09	292	5:11	22.90	2:39:48	6:58	55	1:00:37	329	1:06:21
Ilseburg/Markt	3.30	18:16	5:32	51	6:37	306	7:00	26.20	2:58:04	6:47	56	1:07:04	329	1:13:21