



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Altenbeck, Tobias

Club: BSG WAZ Essen
Number: 33

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:58:33

Speed: 8.80 km/h
Running performance: 6:49 min/km

Rank in course/Total: 383 (of 506)

Rank in course/Men: 332 (of 416)

Best time in course: 1:44:43

Rank in category: 40(of 45)

Best time in the category: 1:49:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	20:06	6:05	32	6:40	263	6:40	3.30	20:06	6:05	32	6:40	263	6:40
Bremer Hütte	2.40	16:32	6:53	29	5:26	206	5:26	5.70	36:38	6:25	30	12:06	232	12:06
Hermannsklippe	3.30	21:10	6:24	21	6:16	141	6:18	9.00	57:48	6:25	26	18:22	193	18:23
Brocken	3.10	31:29	10:09	35	12:29	259	13:08	12.10	1:29:17	7:22	33	30:51	224	31:31
Eiserner Handwe	3.60	23:00	6:23	37	9:55	346	10:28	15.70	1:52:17	7:09	34	40:02	264	41:59
Bremer Hütte	4.10	27:40	6:44	43	12:03	371	12:46	19.80	2:19:57	7:04	35	51:57	289	54:28
Loddenke	3.10	16:19	5:15	43	8:12	387	8:21	22.90	2:36:16	6:49	36	59:35	304	1:02:49
Ilseburg/Markt	3.30	22:17	6:45	43	10:48	386	11:01	26.20	2:58:33	6:48	40	1:09:14	332	1:13:50