



48. Brockenlauf

Ilseburg / 01.09.2018

Detailed evaluation

Wernicke, Raik

Club: TGS Walldorf
Number: 17

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:01:02

Speed: 8.68 km/h
Running performance: 6:55 min/km

Rank in course/Total: 399 (of 506)

Rank in course/Men: 343 (of 416)

Best time in course: 1:44:43

Rank in category: 59(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	22:07	6:42	57	8:41	352	8:41	3.30	22:07	6:42	57	8:41	352	8:41
Bremer Hütte	2.40	18:52	7:51	52	7:28	335	7:46	5.70	40:59	7:11	56	16:09	344	16:27
Hermannsklippe	3.30	25:55	7:51	58	10:22	350	11:03	9.00	1:06:54	7:26	56	26:31	348	27:29
Brocken	3.10	35:22	11:24	57	15:00	352	17:01	12.10	1:42:16	8:27	58	41:22	355	44:30
Eiserner Handwe	3.60	22:18	6:11	56	9:04	324	9:46	15.70	2:04:34	7:56	58	50:26	355	54:16
Bremer Hütte	4.10	24:25	5:57	49	8:55	295	9:31	19.80	2:28:59	7:31	58	58:39	347	1:03:30
Loddenke	3.10	12:53	4:09	45	4:53	275	4:55	22.90	2:41:52	7:04	57	1:02:41	340	1:08:25
Ilseburg/Markt	3.30	19:10	5:48	56	7:31	345	7:54	26.20	3:01:02	6:54	59	1:10:02	343	1:16:19