



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lange, Frank

Club: Kirchengemeinde Fredenbeck
Number: 236

Enduro Long Men

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:02:14

Speed: - km/h

Running performance: 6:58 min/km

Rank in course/Total: 404 (of 506)

Rank in course/Men: 348 (of 416)

Best time in course: 1:44:43

Rank in category: 59(of 72)

Best time in the category: 2:13:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	22:13	6:43	64	6:47	358	8:47	3.30	22:13	6:43	64	6:47	358	8:47	
Bremer Hütte	2.40	19:30	8:07	62	5:34	354	8:24	5.70	41:43	7:19	61	11:07	353	17:11	
Hermannsklippe	3.30	24:40	7:28	55	6:05	314	9:48	9.00	1:06:23	7:22	60	17:12	340	26:58	
Brocken	3.10	33:06	10:40	54	9:07	302	14:45	12.10	1:39:29	8:13	58	26:19	337	41:43	
Eiserner Handwe	3.60	28:01	7:46	70	12:28	401	15:29	15.70	2:07:30	8:07	62	37:55	365	57:12	
Bremer Hütte	4.10	24:56	6:04	53	6:26	321	10:02	19.80	2:32:26	7:41	61	43:39	359	1:06:57	
Loddenke	3.10	13:02	4:12	46	3:52	284	5:04	22.90	2:45:28	7:13	60	45:16	356	1:12:01	
Ilseburg/Markt	3.30	16:46	5:04	35	3:38	220	5:30	-	3:02:14	-	59	48:23	349	1:17:31	