



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Mrochen, Bernd

Club: Ilseburg OT Darlingerode
Number: 274

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 3:03:03

Speed: 8.52 km/h
Running performance: 6:59 min/km

Rank in course/Total: 409 (of 506)

Rank in course/Men: 352 (of 416)

Best time in course: 1:44:43

Rank in category: 8(of 15)

Best time in the category: 2:31:22

| 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 | 22:32 | 6:49 | 7 | 3:02 | 366 | 9:06 | 3.30 | 22:32 | 6:49 | 7 | 3:02 | 366 | 9:06 |
| Bremer Hütte | 2.40 | 19:25 | 8:05 | 6 | 2:25 | 348 | 8:19 | 5.70 | 41:57 | 7:21 | 8 | 5:23 | 358 | 17:25 |
| Hermannsklippe | 3.30 | 25:14 | 7:38 | 5 | 2:59 | 333 | 10:22 | 9.00 | 1:07:11 | 7:27 | 7 | 8:22 | 355 | 27:46 |
| Brocken | 3.10 | 34:25 | 11:06 | 8 | 5:29 | 334 | 16:04 | 12.10 | 1:41:36 | 8:23 | 8 | 13:51 | 350 | 43:50 |
| Eiserner Handwe | 3.60 | 23:00 | 6:23 | 8 | 5:21 | 346 | 10:28 | 15.70 | 2:04:36 | 7:56 | 8 | 19:12 | 356 | 54:18 |
| Bremer Hütte | 4.10 | 25:01 | 6:06 | 6 | 4:32 | 328 | 10:07 | 19.80 | 2:29:37 | 7:33 | 8 | 23:44 | 350 | 1:04:08 |
| Loddenke | 3.10 | 14:37 | 4:42 | 9 | 3:55 | 350 | 6:39 | 22.90 | 2:44:14 | 7:10 | 8 | 27:39 | 350 | 1:10:47 |
| Ilseburg/Markt | 3.30 | 18:49 | 5:42 | 6 | 4:02 | 328 | 7:33 | 26.20 | 3:03:03 | 6:59 | 8 | 31:41 | 353 | 1:18:20 |