



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