



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Göthling, Torsten

Club: Burg  
Number: 470

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:04:55

Speed: 8.44 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 413 (of 506)

Rank in course/Men: 355 (of 416)

Best time in course: 1:44:43

Rank in category: 60(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	19:37	5:56	39	6:11	233	6:11	3.30	19:37	5:56	39	6:11	233	6:11
Bremer Hütte	2.40	18:41	7:47	51	7:17	328	7:35	5.70	38:18	6:43	42	13:28	288	13:46
Hermannsklippe	3.30	25:35	7:45	56	10:02	343	10:43	9.00	1:03:53	7:05	48	23:30	311	24:28
Brocken	3.10	35:23	11:24	58	15:01	353	17:02	12.10	1:39:16	8:12	52	38:22	331	41:30
Eiserner Handwe	3.60	21:52	6:04	54	8:38	308	9:20	15.70	2:01:08	7:42	54	47:00	323	50:50
Bremer Hütte	4.10	27:17	6:39	62	11:47	364	12:23	19.80	2:28:25	7:29	57	58:05	343	1:02:56
Loddenke	3.10	15:29	4:59	61	7:29	374	7:31	22.90	2:43:54	7:09	60	1:04:43	348	1:10:27
Ilseburg/Markt	3.30	21:01	6:22	62	9:22	379	9:45	26.20	3:04:55	7:03	60	1:13:55	356	1:20:12