



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Helle, Marc-Peter

Club: BSG WAZ Essen  
Number: 165

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:05:53

Speed: 8.39 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 417 (of 506)

Rank in course/Men: 357 (of 416)

Best time in course: 1:44:43

Rank in category: 45(of 48)

Best time in the category: 1:44:43

| 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     | 23:12      | 7:01         | 46          | 9:46        | 375     | 9:46       | 3.30          | 23:12      | 7:01         | 46       | 9:46        | 375     | 9:46       |
| Bremer Hütte       | 2.40     | 19:29      | 8:07         | 45          | 8:22        | 350     | 8:23       | 5.70          | 42:41      | 7:29         | 45       | 18:08       | 368     | 18:09      |
| Hermannsklippe     | 3.30     | 26:21      | 7:59         | 45          | 11:29       | 356     | 11:29      | 9.00          | 1:09:02    | 7:40         | 47       | 29:37       | 366     | 29:37      |
| Brocken            | 3.10     | 34:37      | 11:09        | 44          | 16:16       | 338     | 16:16      | 12.10         | 1:43:39    | 8:33         | 47       | 45:53       | 360     | 45:53      |
| Eiserner Handwe    | 3.60     | 22:47      | 6:19         | 41          | 10:15       | 340     | 10:15      | 15.70         | 2:06:26    | 8:03         | 46       | 56:08       | 362     | 56:08      |
| Bremer Hütte       | 4.10     | 26:19      | 6:25         | 43          | 11:08       | 356     | 11:25      | 19.80         | 2:32:45    | 7:42         | 45       | 1:07:16     | 360     | 1:07:16    |
| Loddenke           | 3.10     | 14:20      | 4:37         | 43          | 6:22        | 346     | 6:22       | 22.90         | 2:47:05    | 7:17         | 45       | 1:13:38     | 360     | 1:13:38    |
| Ilseburg/Markt     | 3.30     | 18:48      | 5:41         | 40          | 7:32        | 327     | 7:32       | 26.20         | 3:05:53    | 7:05         | 45       | 1:21:10     | 358     | 1:21:10    |