



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Berndt, Ronny

Club: Havelrunners
Number: 57

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:06:04

Speed: 8.45 km/h
Running performance: 7:06 min/km

Rank in course/Total: 419 (of 506)

Rank in course/Men: 358 (of 416)

Best time in course: 1:44:43

Rank in category: 53(of 58)

Best time in the category: 1:54:19

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	20:22	6:10	47	6:17	275	6:56	3.30	20:22	6:10	47	6:17	275	6:56
Bremer Hütte	2.40	19:27	8:06	53	6:56	349	8:21	5.70	39:49	6:59	53	13:10	319	15:17
Hermannsklippe	3.30	25:50	7:49	52	9:12	348	10:58	9.00	1:05:39	7:17	53	22:01	330	26:14
Brocken	3.10	35:20	11:23	52	14:43	350	16:59	12.10	1:40:59	8:20	53	36:40	348	43:13
Eiserner Handwe	3.60	23:30	6:31	53	10:13	358	10:58	15.70	2:04:29	7:55	53	46:28	352	54:11
Bremer Hütte	4.10	26:52	6:33	54	11:21	360	11:58	19.80	2:31:21	7:38	53	57:49	356	1:05:52
Loddenke	3.10	15:01	4:50	55	6:41	360	7:03	22.90	2:46:22	7:15	53	1:04:30	359	1:12:55
Ilseburg/Markt	3.30	19:42	5:58	54	7:15	358	8:26	26.20	3:06:04	7:06	53	1:11:45	359	1:21:21