



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Pluskal, Steffen

Club: Laufgruppe Lustig
Number: 279

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:07:06

Speed: 8.34 km/h
Running performance: 7:08 min/km

Rank in course/Total: 421 (of 506)

Rank in course/Men: 359 (of 416)

Best time in course: 1:44:43

Rank in category: 61(of 72)

Best time in the category: 2:13:51

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	21:13	6:25	57	5:47	309	7:47	3.30	21:13	6:25	57	5:47	309	7:47
Bremer Hütte	2.40	18:31	7:42	56	4:35	320	7:25	5.70	39:44	6:58	57	9:08	317	15:12
Hermannsklippe	3.30	26:11	7:56	60	7:36	354	11:19	9.00	1:05:55	7:19	58	16:44	334	26:30
Brocken	3.10	32:23	10:26	49	8:24	290	14:02	12.10	1:38:18	8:07	55	25:08	321	40:32
Eiserner Handwe	3.60	26:07	7:15	66	10:34	387	13:35	15.70	2:04:25	7:55	60	34:50	350	54:07
Bremer Hütte	4.10	27:05	6:36	61	8:35	362	12:11	19.80	2:31:30	7:39	60	42:43	357	1:06:01
Loddenke	3.10	14:37	4:42	60	5:27	350	6:39	22.90	2:46:07	7:15	61	45:55	358	1:12:40
Ilseburg/Markt	3.30	20:59	6:21	66	7:51	376	9:43	26.20	3:07:06	7:08	61	53:15	360	1:22:23