



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Stoisiek, Frank

Club: Aschersleben
Number: 517

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:09:42

Speed: 8.22 km/h
Running performance: 7:14 min/km

Rank in course/Total: 427 (of 506)

Rank in course/Men: 364 (of 416)

Best time in course: 1:44:43

Rank in category: 46(of 52)

Best time in the category: 2:08:09

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	22:26	6:47	46	6:03	364	9:00	3.30	22:26	6:47	46	6:03	364	9:00
Bremer Hütte	2.40	20:37	8:35	48	6:43	373	9:31	5.70	43:03	7:33	47	12:39	371	18:31
Hermannsklippe	3.30	28:12	8:32	49	9:44	384	13:20	9.00	1:11:15	7:55	47	22:23	378	31:50
Brocken	3.10	36:38	11:49	46	14:15	372	18:17	12.10	1:47:53	8:54	46	34:57	371	50:07
Eiserner Handwe	3.60	22:01	6:06	42	7:48	312	9:29	15.70	2:09:54	8:16	46	41:25	368	59:36
Bremer Hütte	4.10	24:38	6:00	40	7:21	305	9:44	19.80	2:34:32	7:48	46	48:44	364	1:09:03
Loddenke	3.10	15:31	5:00	47	6:34	376	7:33	22.90	2:50:03	7:25	46	55:06	367	1:16:36
Ilseburg/Markt	3.30	19:39	5:57	44	6:41	354	8:23	26.20	3:09:42	7:14	46	1:01:33	365	1:24:59