



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Tsonias, Konstantin

Club: Knights of Kolben  
Number: 391

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:11:00

Speed: 8.23 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 431 (of 506)

Rank in course/Men: 367 (of 416)

Best time in course: 1:44:43

Rank in category: 64(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	21:35	6:32	61	6:09	335	8:09	3.30	21:35	6:32	61	6:09	335	8:09
Bremer Hütte	2.40	20:28	8:31	66	6:32	371	9:22	5.70	42:03	7:22	64	11:27	360	17:31
Hermannsklippe	3.30	27:25	8:18	66	8:50	373	12:33	9.00	1:09:28	7:43	64	20:17	369	30:03
Brocken	3.10	34:54	11:15	60	10:55	344	16:33	12.10	1:44:22	8:37	62	31:12	365	46:36
Eiserner Handwe	3.60	23:05	6:24	62	7:32	349	10:33	15.70	2:07:27	8:07	61	37:52	364	57:09
Bremer Hütte	4.10	28:12	6:52	64	9:42	379	13:18	19.80	2:35:39	7:51	64	46:52	368	1:10:10
Loddenke	3.10	14:46	4:45	61	5:36	355	6:48	22.90	2:50:25	7:26	64	50:13	368	1:16:58
Ilseburg/Markt	3.30	20:35	6:14	65	7:27	372	9:19	26.20	3:11:00	7:17	64	57:09	368	1:26:17