



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lange, Rainer

Club: Kolding Motion
Number: 26

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 3:14:37

Speed: 8.02 km/h
Running performance: 7:26 min/km

Rank in course/Total: 442 (of 506)

Rank in course/Men: 373 (of 416)

Best time in course: 1:44:43

Rank in category: 11(of 15)

Best time in the category: 2:31:22

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	23:53	7:14	11	4:23	389	10:27	3.30	23:53	7:14	11	4:23	389	10:27
Bremer Hütte	2.40	20:48	8:40	11	3:48	378	9:42	5.70	44:41	7:50	11	8:07	380	20:09
Hermannsklippe	3.30	26:57	8:09	10	4:42	367	12:05	9.00	1:11:38	7:57	11	12:49	381	32:13
Brocken	3.10	36:25	11:44	10	7:29	368	18:04	12.10	1:48:03	8:55	10	20:18	373	50:17
Eiserner Handwe	3.60	23:25	6:30	10	5:46	355	10:53	15.70	2:11:28	8:22	10	26:04	374	1:01:10
Bremer Hütte	4.10	27:58	6:49	12	7:29	376	13:04	19.80	2:39:26	8:03	11	33:33	377	1:13:57
Loddenke	3.10	14:56	4:49	10	4:14	358	6:58	22.90	2:54:22	7:36	11	37:47	377	1:20:55
Ilseburg/Markt	3.30	20:15	6:08	9	5:28	366	8:59	26.20	3:14:37	7:25	11	43:15	374	1:29:54