



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hanel, Gerd

Club: Hannover
Number: 157

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:14:44

Speed: 8.01 km/h
Running performance: 7:26 min/km

Rank in course/Total: 443 (of 506)

Rank in course/Men: 374 (of 416)

Best time in course: 1:44:43

Rank in category: 47(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	22:34	6:50	47	6:11	367	9:08	3.30	22:34	6:50	47	6:11	367	9:08
Bremer Hütte	2.40	19:46	8:14	46	5:52	360	8:40	5.70	42:20	7:25	46	11:56	362	17:48
Hermannsklippe	3.30	27:34	8:21	46	9:06	375	12:42	9.00	1:09:54	7:46	46	21:02	372	30:29
Brocken	3.10	38:14	12:20	48	15:51	384	19:53	12.10	1:48:08	8:56	47	35:12	374	50:22
Eiserner Handwe	3.60	23:25	6:30	48	9:12	355	10:53	15.70	2:11:33	8:22	47	43:04	375	1:01:15
Bremer Hütte	4.10	28:17	6:53	47	11:00	380	13:23	19.80	2:39:50	8:04	47	54:02	380	1:14:21
Loddenke	3.10	14:15	4:35	44	5:18	343	6:17	22.90	2:54:05	7:36	47	59:08	376	1:20:38
Ilseburg/Markt	3.30	20:39	6:15	47	7:41	374	9:23	26.20	3:14:44	7:25	47	1:06:35	375	1:30:01