



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bergen, Thomas

Club: Sehnder Feldhasen
Number: 447

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:23:22

Speed: 7.67 km/h
Running performance: 7:46 min/km

Rank in course/Total: 464 (of 506)

Rank in course/Men: 386 (of 416)

Best time in course: 1:44:43

Rank in category: 57(of 58)

Best time in the category: 1:54:19

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	24:06	7:18	56	10:01	396	10:40	3.30	24:06	7:18	56	10:01	396	10:40
Bremer Hütte	2.40	22:38	9:25	57	10:07	399	11:32	5.70	46:44	8:11	57	20:05	398	22:12
Hermannsklippe	3.30	29:24	8:54	56	12:46	396	14:32	9.00	1:16:08	8:27	57	32:30	399	36:43
Brocken	3.10	42:41	13:46	57	22:04	407	24:20	12.10	1:58:49	9:49	57	54:30	400	1:01:03
Eiserner Handwe	3.60	22:16	6:11	48	8:59	321	9:44	15.70	2:21:05	8:59	56	1:03:04	391	1:10:47
Bremer Hütte	4.10	26:33	6:28	53	11:02	358	11:39	19.80	2:47:38	8:27	57	1:14:06	390	1:22:09
Loddenke	3.10	14:32	4:41	54	6:12	349	6:34	22.90	3:02:10	7:57	57	1:20:18	386	1:28:43
Ilseburg/Markt	3.30	21:12	6:25	56	8:45	380	9:56	26.20	3:23:22	7:45	57	1:29:03	387	1:38:39