



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Berner, Roland

Club: LG Bad Frankenhausen / Göllingen
Number: 448

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 3:23:48

Speed: 7.65 km/h
Running performance: 7:47 min/km

Rank in course/Total: 465 (of 506)

Rank in course/Men: 387 (of 416)

Best time in course: 1:44:43

Rank in category: 18(of 20)

Best time in the category: 2:24:51

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	23:20	7:04	17	5:45	380	9:54	3.30	23:20	7:04	17	5:45	380	9:54
Bremer Hütte	2.40	21:54	9:07	18	7:07	391	10:48	5.70	45:14	7:56	18	12:52	388	20:42
Hermannsklippe	3.30	28:36	8:40	18	7:55	386	13:44	9.00	1:13:50	8:12	18	20:47	387	34:25
Brocken	3.10	36:01	11:37	15	9:34	361	17:40	12.10	1:49:51	9:04	17	30:21	382	52:05
Eiserner Handwe	3.60	25:36	7:06	18	8:45	383	13:04	15.70	2:15:27	8:37	18	38:21	385	1:05:09
Bremer Hütte	4.10	30:32	7:26	18	10:41	390	15:38	19.80	2:45:59	8:22	18	47:23	386	1:20:30
Loddenke	3.10	17:14	5:33	18	7:04	396	9:16	22.90	3:03:13	8:00	18	53:40	389	1:29:46
Ilseburg/Markt	3.30	20:35	6:14	17	5:44	372	9:19	26.20	3:23:48	7:46	18	58:57	388	1:39:05