



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Quantmeyer, Walter

Club: TSG Döderode Oldenrode  
Number: 298

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 3:25:46

Speed: 7.58 km/h  
Running performance: 7:51 min/km

Rank in course/Total: 468 (of 506)

Rank in course/Men: 389 (of 416)

Best time in course: 1:44:43

Rank in category: 2(of 4)

Best time in the category: 2:51:37

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	23:54	7:14	2	3:26	390	10:28	3.30	23:54	7:14	2	3:26	390	10:28
Bremer Hütte	2.40	20:45	8:38	2	2:16	375	9:39	5.70	44:39	7:50	2	5:42	379	20:07
Hermannsklippe	3.30	27:58	8:28	2	3:35	380	13:06	9.00	1:12:37	8:04	2	9:17	383	33:12
Brocken	3.10	35:40	11:30	2	3:02	355	17:19	12.10	1:48:17	8:56	2	12:19	376	50:31
Eiserner Handwe	3.60	26:29	7:21	2	5:43	392	13:57	15.70	2:14:46	8:35	2	18:02	382	1:04:28
Bremer Hütte	4.10	30:40	7:28	3	6:53	391	15:46	19.80	2:45:26	8:21	2	24:55	385	1:19:57
Loddenke	3.10	17:17	5:34	3	4:22	397	9:19	22.90	3:02:43	7:58	2	29:17	387	1:29:16
Ilseburg/Markt	3.30	23:03	6:59	2	4:52	389	11:47	26.20	3:25:46	7:51	2	34:09	390	1:41:03