



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sandt, René

Club: Tangermünde
Number: 310

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:37:06

Speed: 7.19 km/h
Running performance: 8:17 min/km

Rank in course/Total: 480 (of 506)

Rank in course/Men: 396 (of 416)

Best time in course: 1:44:43

Rank in category: 58(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	24:18	7:21	58	10:13	399	10:52	3.30	24:18	7:21	58	10:13	399	10:52
Bremer Hütte	2.40	21:46	9:04	56	9:15	389	10:40	5.70	46:04	8:04	56	19:25	393	21:32
Hermannsklippe	3.30	29:56	9:04	58	13:18	398	15:04	9.00	1:16:00	8:26	56	32:22	398	36:35
Brocken	3.10	40:48	13:09	56	20:11	399	22:27	12.10	1:56:48	9:39	56	52:29	394	59:02
Eiserner Handwe	3.60	25:14	7:00	57	11:57	380	12:42	15.70	2:22:02	9:02	57	1:04:01	395	1:11:44
Bremer Hütte	4.10	31:32	7:41	57	16:01	397	16:38	19.80	2:53:34	8:45	58	1:20:02	397	1:28:05
Loddenke	3.10	17:26	5:37	58	9:06	399	9:28	22.90	3:11:00	8:20	58	1:29:08	397	1:37:33
Ilseburg/Markt	3.30	26:06	7:54	58	13:39	405	14:50	26.20	3:37:06	8:17	58	1:42:47	397	1:52:23