



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Reising, Marcel

Club: erst laufen dann saufen
Number: 302

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:38:31

Speed: 7.14 km/h
Running performance: 8:20 min/km

Rank in course/Total: 482 (of 506)

Rank in course/Men: 397 (of 416)

Best time in course: 1:44:43

Rank in category: 70(of 72)

Best time in the category: 2:13:51

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	24:31	7:25	72	9:05	404	11:05	3.30	24:31	7:25	72	9:05	404	11:05
Bremer Hütte	2.40	25:19	10:32	72	11:23	406	14:13	5.70	49:50	8:44	72	19:14	406	25:18
Hermannsklippe	3.30	28:59	8:46	70	10:24	391	14:07	9.00	1:18:49	8:45	72	29:38	405	39:24
Brocken	3.10	39:41	12:48	69	15:42	394	21:20	12.10	1:58:30	9:47	71	45:20	398	1:00:44
Eiserner Handwe	3.60	26:14	7:17	67	10:41	389	13:42	15.70	2:24:44	9:13	70	55:09	398	1:14:26
Bremer Hütte	4.10	31:35	7:42	70	13:05	398	16:41	19.80	2:56:19	8:54	70	1:07:32	399	1:30:50
Loddenke	3.10	18:13	5:52	70	9:03	400	10:15	22.90	3:14:32	8:29	70	1:14:20	399	1:41:05
Ilseburg/Markt	3.30	23:59	7:16	70	10:51	396	12:43	26.20	3:38:31	8:20	70	1:24:40	398	1:53:48