



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sprenger, Jon

Club: Hannover
Number: 378

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:42:27

Speed: 7.07 km/h
Running performance: 8:29 min/km

Rank in course/Total: 487 (of 506)

Rank in course/Men: 402 (of 416)

Best time in course: 1:44:43

Rank in category: 48(of 48)

Best time in the category: 1:44:43

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	24:45	7:30	48	11:19	406	11:19	3.30	24:45	7:30	48	11:19	406	11:19
Bremer Hütte	2.40	22:15	9:16	48	11:08	395	11:09	5.70	47:00	8:14	48	22:27	400	22:28
Hermannsklippe	3.30	31:22	9:30	48	16:30	409	16:30	9.00	1:18:22	8:42	48	38:57	403	38:57
Brocken	3.10	40:10	12:57	48	21:49	397	21:49	12.10	1:58:32	9:47	48	1:00:46	399	1:00:46
Eiserner Handwe	3.60	26:20	7:18	46	13:48	391	13:48	15.70	2:24:52	9:13	48	1:14:34	399	1:14:34
Bremer Hütte	4.10	32:19	7:52	48	17:08	401	17:25	19.80	2:57:11	8:56	48	1:31:42	400	1:31:42
Loddenke	3.10	19:37	6:19	48	11:39	407	11:39	22.90	3:16:48	8:35	48	1:43:21	401	1:43:21
Ilseburg/Markt	3.30	25:39	7:46	48	14:23	402	14:23	26.20	3:42:27	8:29	48	1:57:44	403	1:57:44