



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Fredrich, Torsten

Club: Stramme Wade
Number: 125

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:46:28

Speed: 6.89 km/h
Running performance: 8:38 min/km

Rank in course/Total: 489 (of 506)

Rank in course/Men: 404 (of 416)

Best time in course: 1:44:43

Rank in category: 65(of 66)

Best time in the category: 1:51:00

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	26:42	8:05	65	13:16	409	13:16	3.30	26:42	8:05	65	13:16	409	13:16
Bremer Hütte	2.40	22:59	9:34	65	11:35	402	11:53	5.70	49:41	8:42	65	24:51	405	25:09
Hermannsklippe	3.30	31:18	9:29	65	15:45	408	16:26	9.00	1:20:59	8:59	65	40:36	408	41:34
Brocken	3.10	40:32	13:04	65	20:10	398	22:11	12.10	2:01:31	10:02	65	1:00:37	406	1:03:45
Eiserner Handwe	3.60	29:34	8:12	65	16:20	407	17:02	15.70	2:31:05	9:37	65	1:16:57	405	1:20:47
Bremer Hütte	4.10	33:54	8:16	65	18:24	405	19:00	19.80	3:04:59	9:20	65	1:34:39	405	1:39:30
Loddenke	3.10	17:05	5:30	64	9:05	395	9:07	22.90	3:22:04	8:49	65	1:42:53	405	1:48:37
Ilseburg/Markt	3.30	24:24	7:23	65	12:45	401	13:08	26.20	3:46:28	8:38	65	1:55:28	405	2:01:45