



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Krause, Karl-Heinz

Club: erst laufen dann saufen  
Number: 489

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:52:01

Speed: 6.72 km/h  
Running performance: 8:52 min/km

Rank in course/Total: 493 (of 506)

Rank in course/Men: 406 (of 416)

Best time in course: 1:44:43

Rank in category: 51(of 52)

Best time in the category: 2:08:09

| 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     | 24:34      | 7:26         | 52          | 8:11        | 405     | 11:08      | 3.30          | 24:34      | 7:26         | 52       | 8:11        | 405     | 11:08      |
| Bremer Hütte       | 2.40     | 25:16      | 10:31        | 52          | 11:22       | 405     | 14:10      | 5.70          | 49:50      | 8:44         | 52       | 19:26       | 406     | 25:18      |
| Hermannsklippe     | 3.30     | 31:10      | 9:26         | 51          | 12:42       | 407     | 16:18      | 9.00          | 1:21:00    | 9:00         | 52       | 32:08       | 409     | 41:35      |
| Brocken            | 3.10     | 47:10      | 15:12        | 52          | 24:47       | 412     | 28:49      | 12.10         | 2:08:10    | 10:35        | 52       | 55:14       | 411     | 1:10:24    |
| Eiserner Handwe    | 3.60     | 27:32      | 7:38         | 51          | 13:19       | 398     | 15:00      | 15.70         | 2:35:42    | 9:55         | 52       | 1:07:13     | 410     | 1:25:24    |
| Bremer Hütte       | 4.10     | 31:11      | 7:36         | 49          | 13:54       | 394     | 16:17      | 19.80         | 3:06:53    | 9:26         | 51       | 1:21:05     | 407     | 1:41:24    |
| Loddenke           | 3.10     | 19:13      | 6:11         | 52          | 10:16       | 406     | 11:15      | 22.90         | 3:26:06    | 9:00         | 51       | 1:31:09     | 408     | 1:52:39    |
| Ilseburg/Markt     | 3.30     | 25:55      | 7:51         | 51          | 12:57       | 404     | 14:39      | 26.20         | 3:52:01    | 8:51         | 51       | 1:43:52     | 407     | 2:07:18    |