



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: 6.78 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