



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Kaiser, Stefan

Club: Knights of Kolben
Number: 195

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:53:50

Speed: 6.67 km/h
Running performance: 8:55 min/km

Rank in course/Total: 495 (of 506)

Rank in course/Men: 408 (of 416)

Best time in course: 1:44:43

Rank in category: 52(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	24:30	7:25	50	8:07	402	11:04	3.30	24:30	7:25	50	8:07	402	11:04
Bremer Hütte	2.40	22:55	9:32	51	9:01	401	11:49	5.70	47:25	8:19	51	17:01	404	22:53
Hermannsklippe	3.30	31:28	9:32	52	13:00	410	16:36	9.00	1:18:53	8:45	51	30:01	406	39:28
Brocken	3.10	44:31	14:21	51	22:08	410	26:10	12.10	2:03:24	10:11	51	50:28	408	1:05:38
Eiserner Handwe	3.60	29:34	8:12	52	15:21	407	17:02	15.70	2:32:58	9:44	51	1:04:29	406	1:22:40
Bremer Hütte	4.10	35:27	8:38	52	18:10	409	20:33	19.80	3:08:25	9:30	52	1:22:37	410	1:42:56
Loddenke	3.10	18:53	6:05	50	9:56	401	10:55	22.90	3:27:18	9:03	52	1:32:21	409	1:53:51
Ilseburg/Markt	3.30	26:32	8:02	52	13:34	407	15:16	26.20	3:53:50	8:55	52	1:45:41	409	2:09:07