



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Abraham, Jens

Club: Tangermünder LV
Number: 431

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:59:15

Speed: 13.08 km/h

Rank in course/Total: 14 (of 532)

Rank in course/Men: 14 (of 452)

Best time in course: 1:36:15

Rank in category: 2(of 91)

Best time in the category: 1:55:12

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:21	11.73	6	1:14	30	3:35	3.30	15:21	11.73	6	1:14	30	3:35
Schlüsie	3.10	16:27	10.94	2	0:41	19	3:32	6.40	31:48	11.32	3	1:55	21	7:07
Hermannsklippe	2.60	13:58	8.59	2	0:07	16	2:43	9.00	45:46	11.80	2	2:02	18	9:50
Brocken	3.10	20:51	8.63	1	-	8	3:39	12.10	1:06:37	10.81	2	1:59	15	13:29
Eiserner Handwe	3.60	14:41	12.26	6	1:12	22	3:04	15.70	1:21:18	11.07	2	3:11	14	16:33
Schlüsie	4.10	14:24	16.67	6	1:17	33	2:58	19.80	1:35:42	11.91	2	3:56	15	19:31
Loddenke	3.10	11:18	15.93	3	0:44	12	1:41	22.90	1:47:00	12.34	2	4:03	15	21:12
Ilseburg/Markt	3.30	12:15	14.69	2	0:18	9	1:48	26.20	1:59:15	13.08	2	4:03	14	23:00