



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Mahnken, Daniel

Club: VfL Ummeln
Number: 140

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:18:02

Speed: 11.39 km/h

Rank in course/Total: 91 (of 532)

Rank in course/Men: 87 (of 452)

Best time in course: 1:36:15

Rank in category: 11(of 48)

Best time in the category: 1:56:54

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	18:43	10.58	26	4:35	176	6:57	3.30	18:43	10.58	26	4:35	176	6:57
Schlüsie	3.10	19:12	9.69	17	3:19	122	6:17	6.40	37:55	10.13	21	7:52	143	13:14
Hermannsklippe	2.60	16:14	9.61	13	2:22	98	4:59	9.00	54:09	9.97	17	10:10	119	18:13
Brocken	3.10	25:45	7.22	13	4:04	92	8:33	12.10	1:19:54	9.09	14	14:14	107	26:46
Eiserner Handwe	3.60	16:20	13.22	13	2:35	90	4:43	15.70	1:36:14	9.79	14	16:38	101	31:29
Schlüsie	4.10	15:14	16.15	11	2:02	71	3:48	19.80	1:51:28	10.66	13	18:34	96	35:17
Loddenke	3.10	12:54	14.42	11	1:29	81	3:17	22.90	2:04:22	11.05	13	20:03	93	38:34
Ilseburg/Markt	3.30	13:40	14.49	6	1:05	56	3:13	26.20	2:18:02	11.39	11	21:08	87	41:47