



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Lüngen, Thorsten

Club: DLRG OG Bielefeld
Number: 292

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:19:16

Speed: 11.20 km/h

Rank in course/Total: 100 (of 532)

Rank in course/Men: 97 (of 452)

Best time in course: 1:36:15

Rank in category: 13(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
Loddenke	3.30	18:14	9.87	19	4:06	123	6:28	3.30	18:14	9.87	19	4:06	123	6:28				
Schlüsie	3.10	19:04	9.44	16	3:11	112	6:09	6.40	37:18	9.65	17	7:15	114	12:37				
Hermannsklippe	2.60	16:14	7.39	13	2:22	98	4:59	9.00	53:32	10.09	15	9:33	109	17:36				
Brocken	3.10	25:42	7.00	12	4:01	89	8:30	12.10	1:19:14	9.09	12	13:34	98	26:06				
Eiserner Handwe	3.60	16:38	10.82	17	2:53	109	5:01	15.70	1:35:52	9.39	13	16:16	96	31:07				
Schlüsie	4.10	16:21	14.68	19	3:09	137	4:55	19.80	1:52:13	10.16	14	19:19	102	36:02				
Loddenke	3.10	13:11	13.65	16	1:46	107	3:34	22.90	2:05:24	10.53	14	21:05	102	39:36				
Ilseburg/Markt	3.30	13:52	12.98	8	1:17	68	3:25	26.20	2:19:16	11.20	13	22:22	97	43:01				