



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Dähn, Ingemar

Club: LF Ehberg 02
Number: 92

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:21:00

Speed: 11.15 km/h

Rank in course/Total: 113 (of 532)

Rank in course/Men: 110 (of 452)

Best time in course: 1:36:15

Rank in category: 12(of 39)

Best time in the category: 1:51:38

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	18:29	10.71	16	4:46	152	6:43	3.30	18:29	10.71	16	4:46	152	6:43
Schlüsie	3.10	18:28	10.07	9	3:12	89	5:33	6.40	36:57	10.39	11	7:55	106	12:16
Hermannsklippe	2.60	15:52	9.83	8	2:46	79	4:37	9.00	52:49	10.22	11	10:41	97	16:53
Brocken	3.10	25:58	7.16	10	5:50	103	8:46	12.10	1:18:47	9.22	10	16:22	92	25:39
Eiserner Handwe	3.60	16:13	13.32	8	3:21	80	4:36	15.70	1:35:00	9.92	10	19:43	89	30:15
Schlüsie	4.10	16:21	15.05	13	3:24	137	4:55	19.80	1:51:21	10.67	11	23:07	94	35:10
Loddenke	3.10	14:03	13.24	19	2:56	180	4:26	22.90	2:05:24	10.96	12	26:03	102	39:36
Ilseburg/Markt	3.30	15:36	12.69	18	3:19	191	5:09	26.20	2:21:00	11.15	12	29:22	110	44:45