



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Lange, Guido

Club: krankenpflege-koblenz.de
Number: 158

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:21:08

Speed: 11.05 km/h

Rank in course/Total: 114 (of 532)

Rank in course/Men: 111 (of 452)

Best time in course: 1:36:15

Rank in category: 20(of 78)

Best time in the category: 2:00:23

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	17:11	10.48	11	2:17	73	5:25	3.30	17:11	10.48	11	2:17	73	5:25
Schlüsie	3.10	19:04	9.44	21	2:45	112	6:09	6.40	36:15	9.93	15	5:02	88	11:34
Hermannsklippe	2.60	17:15	6.96	30	3:02	164	6:00	9.00	53:30	10.09	16	8:00	106	17:34
Brocken	3.10	29:02	6.20	37	6:54	212	11:50	12.10	1:22:32	8.72	29	14:54	146	29:24
Eiserner Handwe	3.60	15:47	11.40	9	1:32	64	4:10	15.70	1:38:19	9.15	25	16:13	131	33:34
Schlüsie	4.10	15:23	15.60	11	1:52	76	3:57	19.80	1:53:42	10.03	21	17:33	117	37:31
Loddenke	3.10	12:54	13.95	13	1:23	81	3:17	22.90	2:06:36	10.43	20	18:56	112	40:48
Ilseburg/Markt	3.30	14:32	12.39	21	1:49	109	4:05	26.20	2:21:08	11.05	20	20:45	111	44:53