



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Ringe, Karsten

Club: TSG Emmerthal  
Number: 406

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:21:57

Speed: 10.99 km/h

Rank in course/Total: 119 (of 532)

Rank in course/Men: 116 (of 452)

Best time in course: 1:36:15

Rank in category: 6(of 50)

Best time in the category: 2:08:31

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	18:46	9.59	12	2:17	180	7:00	3.30	18:46	9.59	12	2:17	180	7:00
Schlüsie	3.10	18:48	9.57	4	1:29	96	5:53	6.40	37:34	9.58	7	3:20	123	12:53
Hermannsklippe	2.60	16:26	7.30	5	1:34	113	5:11	9.00	54:00	10.00	6	4:06	115	18:04
Brocken	3.10	25:50	6.97	5	1:56	97	8:38	12.10	1:19:50	9.02	5	6:02	105	26:42
Eiserner Handwe	3.60	16:38	10.82	7	1:11	109	5:01	15.70	1:36:28	9.33	5	7:13	104	31:43
Schlüsie	4.10	16:28	14.57	9	2:13	148	5:02	19.80	1:52:56	10.09	6	9:26	106	36:45
Loddenke	3.10	13:37	13.22	11	1:47	147	4:00	22.90	2:06:33	10.43	6	11:13	111	40:45
Ilseburg/Markt	3.30	15:24	11.69	11	2:13	172	4:57	26.20	2:21:57	10.99	6	13:26	116	45:42