



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Adolf, Uwe

Club: Blau Weiß Hettstedt
Number: 202

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:22:41

Speed: 10.93 km/h

Rank in course/Total: 129 (of 532)

Rank in course/Men: 126 (of 452)

Best time in course: 1:36:15

Rank in category: 23(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	18:38	9.66	29	3:44	166	6:52	3.30	18:38	9.66	29	3:44	166	6:52
Schlüsie	3.10	19:09	9.40	22	2:50	119	6:14	6.40	37:47	9.53	24	6:34	136	13:06
Hermannsklippe	2.60	16:22	7.33	19	2:09	105	5:07	9.00	54:09	9.97	21	8:39	119	18:13
Brocken	3.10	25:57	6.94	15	3:49	102	8:45	12.10	1:20:06	8.99	19	12:28	111	26:58
Eiserner Handwe	3.60	16:28	10.93	18	2:13	100	4:51	15.70	1:36:34	9.32	18	14:28	105	31:49
Schlüsie	4.10	16:13	14.80	21	2:42	128	4:47	19.80	1:52:47	10.11	17	16:38	105	36:36
Loddenke	3.10	13:53	12.97	31	2:22	168	4:16	22.90	2:06:40	10.42	21	19:00	114	40:52
Ilseburg/Markt	3.30	16:01	11.24	41	3:18	219	5:34	26.20	2:22:41	10.93	23	22:18	126	46:26