



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Grunwald, Lars

Club: Team twinfit
Number: 476

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:25:38

Speed: 10.79 km/h

Rank in course/Total: 153 (of 532)

Rank in course/Men: 149 (of 452)

Best time in course: 1:36:15

Rank in category: 19(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 km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:30	10.70	23	4:22	154	6:44	3.30	18:30	10.70	23	4:22	154	6:44
Schlüsie	3.10	19:13	9.68	18	3:20	123	6:18	6.40	37:43	10.18	18	7:40	132	13:02
Hermannsklippe	2.60	16:29	9.46	16	2:37	117	5:14	9.00	54:12	9.96	18	10:13	125	18:16
Brocken	3.10	25:35	7.27	11	3:54	82	8:23	12.10	1:19:47	9.10	13	14:07	104	26:39
Eiserner Handwe	3.60	18:36	11.61	30	4:51	232	6:59	15.70	1:38:23	9.57	16	18:47	132	33:38
Schlüsie	4.10	17:54	13.74	30	4:42	230	6:28	19.80	1:56:17	10.22	20	23:23	146	40:06
Loddenke	3.10	14:12	13.10	23	2:47	190	4:35	22.90	2:10:29	10.53	19	26:10	151	44:41
Ilseburg/Markt	3.30	15:09	13.07	21	2:34	154	4:42	26.20	2:25:38	10.79	19	28:44	149	49:23