



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Rörig, Martin

Club: Einbeck
Number: 162

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:04

Speed: 10.68 km/h

Rank in course/Total: 158 (of 532)

Rank in course/Men: 154 (of 452)

Best time in course: 1:36:15

Rank in category: 29(of 91)

Best time in the category: 1:55:12

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	18:21	9.81	28	4:14	140	6:35	3.30	18:21	9.81	28	4:14	140	6:35
Schlüsie	3.10	19:15	9.35	25	3:29	124	6:20	6.40	37:36	9.57	26	7:43	127	12:55
Hermannsklippe	2.60	16:34	7.24	23	2:43	120	5:19	9.00	54:10	9.97	24	10:26	122	18:14
Brocken	3.10	26:30	6.79	21	5:39	115	9:18	12.10	1:20:40	8.93	23	16:02	120	27:32
Eiserner Handwe	3.60	18:01	9.99	37	4:32	194	6:24	15.70	1:38:41	9.12	24	20:34	135	33:56
Schlüsie	4.10	17:16	13.90	34	4:09	192	5:50	19.80	1:55:57	9.83	24	24:11	141	39:46
Loddenke	3.10	14:04	12.80	33	3:30	182	4:27	22.90	2:10:01	10.15	26	27:04	146	44:13
Ilseburg/Markt	3.30	16:03	11.21	42	4:06	222	5:36	26.20	2:26:04	10.68	29	30:52	154	49:49