



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Freund, Lars

Club: Braunschweig
Number: 332

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:26:21

Speed: 10.66 km/h

Rank in course/Total: 161 (of 532)

Rank in course/Men: 156 (of 452)

Best time in course: 1:36:15

Rank in category: 23(of 37)

Best time in the category: 1:36:15

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	23:14	7.75	37	11:28	428	11:28	3.30	23:14	7.75	37	11:28	428	11:28
Schlüsie	3.10	19:44	9.12	26	6:49	167	6:49	6.40	42:58	8.38	36	18:17	345	18:17
Hermannsklippe	2.60	16:50	7.13	22	5:35	135	5:35	9.00	59:48	9.03	34	23:52	270	23:52
Brocken	3.10	25:44	6.99	17	8:32	91	8:32	12.10	1:25:32	8.42	29	32:24	193	32:24
Eiserner Handwe	3.60	17:06	10.53	24	5:29	147	5:29	15.70	1:42:38	8.77	29	37:53	182	37:53
Schlüsie	4.10	16:10	14.85	21	4:44	121	4:44	19.80	1:58:48	9.60	27	42:37	170	42:37
Loddenke	3.10	13:14	13.60	18	3:37	110	3:37	22.90	2:12:02	10.00	27	46:14	169	46:14
Ilseburg/Markt	3.30	14:19	12.57	15	3:52	95	3:52	26.20	2:26:21	10.66	23	50:06	156	50:06