



# 45. Brockenlauf

Ilseburg / 05.09.2015

## Detailed evaluation

**Aust, Frank**

Club: Otternasen  
Number: 128

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:29:58

Speed: 10.40 km/h

Rank in course/Total: 200 (of 532)

Rank in course/Men: 191 (of 452)

Best time in course: 1:36:15

Rank in category: 33(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	20:20	8.85	61	6:13	302	8:34	3.30	20:20	8.85	61	6:13	302	8:34
Schlüsie	3.10	20:00	9.00	33	4:14	191	7:05	6.40	40:20	8.93	48	10:27	251	15:39
Hermannsklippe	2.60	16:27	7.29	22	2:36	114	5:12	9.00	56:47	9.51	34	13:03	189	20:51
Brocken	3.10	26:49	6.71	22	5:58	128	9:37	12.10	1:23:36	8.61	30	18:58	164	30:28
Eiserner Handwe	3.60	18:32	9.71	48	5:03	229	6:55	15.70	1:42:08	8.81	31	24:01	176	37:23
Schlüsie	4.10	18:45	12.80	49	5:38	264	7:19	19.80	2:00:53	9.43	34	29:07	196	44:42
Loddenke	3.10	14:13	12.66	34	3:39	194	4:36	22.90	2:15:06	9.77	34	32:09	198	49:18
Ilseburg/Markt	3.30	14:52	12.11	26	2:55	138	4:25	26.20	2:29:58	10.40	33	34:46	191	53:43