



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Meyer, Holger

Club: Aerzen
Number: 489

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:38

Speed: 10.37 km/h

Rank in course/Total: 221 (of 532)

Rank in course/Men: 209 (of 452)

Best time in course: 1:36:15

Rank in category: 38(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	20:06	9.85	55	5:59	280	8:20	3.30	20:06	9.85	55	5:59	280	8:20
Schlüsie	3.10	20:49	8.94	53	5:03	257	7:54	6.40	40:55	9.38	55	11:02	270	16:14
Hermannsklippe	2.60	18:21	8.50	50	4:30	249	7:06	9.00	59:16	9.11	53	15:32	260	23:20
Brocken	3.10	30:32	6.09	56	9:41	283	13:20	12.10	1:29:48	8.08	54	25:10	261	36:40
Eiserner Handwe	3.60	16:55	12.77	21	3:26	129	5:18	15.70	1:46:43	8.83	50	28:36	239	41:58
Schlüsie	4.10	15:58	15.41	20	2:51	105	4:32	19.80	2:02:41	9.68	43	30:55	219	46:30
Loddenke	3.10	13:36	13.68	26	3:02	142	3:59	22.90	2:16:17	10.08	40	33:20	212	50:29
Ilseburg/Markt	3.30	15:21	12.90	33	3:24	165	4:54	26.20	2:31:38	10.37	38	36:26	209	55:23