



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Heißenberg, Ralf

Club: LF Ehberg 02
Number: 103

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:31:39

Speed: 10.29 km/h

Rank in course/Total: 222 (of 532)

Rank in course/Men: 210 (of 452)

Best time in course: 1:36:15

Rank in category: 15(of 50)

Best time in the category: 2:08:31

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	18:59	9.48	15	2:30	196	7:13	3.30	18:59	9.48	15	2:30	196	7:13
Schlüsie	3.10	20:07	8.95	15	2:48	202	7:12	6.40	39:06	9.21	12	4:52	193	14:25
Hermannsklippe	2.60	17:48	6.74	16	2:56	202	6:33	9.00	56:54	9.49	14	7:00	190	20:58
Brocken	3.10	30:00	6.00	20	6:06	259	12:48	12.10	1:26:54	8.29	16	13:06	218	33:46
Eiserner Handwe	3.60	18:53	9.53	22	3:26	248	7:16	15.70	1:45:47	8.51	15	16:32	226	41:02
Schlüsie	4.10	17:00	14.12	13	2:45	170	5:34	19.80	2:02:47	9.28	15	19:17	220	46:36
Loddenke	3.10	13:48	13.04	12	1:58	159	4:11	22.90	2:16:35	9.66	15	21:15	215	50:47
Ilseburg/Markt	3.30	15:04	11.95	7	1:53	146	4:37	26.20	2:31:39	10.29	15	23:08	210	55:24