



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Förster, Norbert

Club: Braunschweig
Number: 583

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:35:22

Speed: 10.04 km/h

Rank in course/Total: 244 (of 532)

Rank in course/Men: 229 (of 452)

Best time in course: 1:36:15

Rank in category: 45(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.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	20:05	8.96	54	5:58	279	8:19	3.30	20:05	8.96	54	5:58	279	8:19
Schlüsie	3.10	21:31	8.37	62	5:45	303	8:36	6.40	41:36	8.65	60	11:43	290	16:55
Hermannsklippe	2.60	19:07	6.28	62	5:16	297	7:52	9.00	1:00:43	8.89	59	16:59	299	24:47
Brocken	3.10	28:37	6.29	35	7:46	196	11:25	12.10	1:29:20	8.06	51	24:42	255	36:12
Eiserner Handwe	3.60	18:23	9.79	42	4:54	218	6:46	15.70	1:47:43	8.36	52	29:36	246	42:58
Schlüsie	4.10	17:50	13.46	44	4:43	225	6:24	19.80	2:05:33	9.08	49	33:47	239	49:22
Loddenke	3.10	14:19	12.57	37	3:45	200	4:42	22.90	2:19:52	9.44	48	36:55	235	54:04
Ilseburg/Markt	3.30	15:30	11.61	35	3:33	179	5:03	26.20	2:35:22	10.04	45	40:10	229	59:07