



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Niemeyer, Thomas

Club: Triathlon Team TG Witten  
Number: 120

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:36:19

Speed: 9.98 km/h

Rank in course/Total: 255 (of 532)

Rank in course/Men: 238 (of 452)

Best time in course: 1:36:15

Rank in category: 48(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	20:14	8.90	57	6:07	289	8:28	3.30	20:14	8.90	57	6:07	289	8:28
Schlüsie	3.10	20:22	8.84	44	4:36	226	7:27	6.40	40:36	8.87	52	10:43	261	15:55
Hermannsklippe	2.60	17:41	6.79	36	3:50	195	6:26	9.00	58:17	9.27	50	14:33	239	22:21
Brocken	3.10	28:38	6.29	36	7:47	197	11:26	12.10	1:26:55	8.28	43	22:17	219	33:47
Eiserner Handwe	3.60	17:20	10.38	27	3:51	164	5:43	15.70	1:44:15	8.63	37	26:08	202	39:30
Schlüsie	4.10	17:27	13.75	38	4:20	204	6:01	19.80	2:01:42	9.37	38	29:56	206	45:31
Loddenke	3.10	16:44	10.76	72	6:10	363	7:07	22.90	2:18:26	9.54	45	35:29	226	52:38
Ilseburg/Markt	3.30	17:53	10.07	67	5:56	342	7:26	26.20	2:36:19	9.98	48	41:07	238	1:00:04