



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Lademacher, Ralf

Club: SC Gut Heil Neumünster
Number: 280

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:37:48

Speed: 9.96 km/h

Rank in course/Total: 266 (of 532)

Rank in course/Men: 248 (of 452)

Best time in course: 1:36:15

Rank in category: 4(of 30)

Best time in the category: 2:20:45

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	19:58	9.92	9	2:23	273	8:12	3.30	19:58	9.92	9	2:23	273	8:12
Schlüsie	3.10	21:04	8.83	4	1:49	268	8:09	6.40	41:02	9.36	6	4:01	272	16:21
Hermannsklippe	2.60	18:17	8.53	4	1:36	240	7:02	9.00	59:19	9.10	4	5:03	262	23:23
Brocken	3.10	28:30	6.53	3	2:34	190	11:18	12.10	1:27:49	8.27	4	7:37	234	34:41
Eiserner Handwe	3.60	19:18	11.19	6	2:27	264	7:41	15.70	1:47:07	8.79	4	10:04	242	42:22
Schlüsie	4.10	18:42	13.16	6	3:08	262	7:16	19.80	2:05:49	9.44	4	12:22	246	49:38
Loddenke	3.10	15:13	12.22	7	2:14	265	5:36	22.90	2:21:02	9.74	4	14:33	246	55:14
Ilseburg/Markt	3.30	16:46	11.81	12	2:30	285	6:19	26.20	2:37:48	9.96	4	17:03	248	1:01:33