



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Fast, Arno

Club: Teuto Runner
Number: 407

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:39:26

Speed: 9.86 km/h

Rank in course/Total: 275 (of 532)

Rank in course/Men: 254 (of 452)

Best time in course: 1:36:15

Rank in category: 27(of 39)

Best time in the category: 1:51:38

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	28	6:23	280	8:20	3.30	20:06	9.85	28	6:23	280	8:20
Schlüsie	3.10	20:49	8.94	29	5:33	257	7:54	6.40	40:55	9.38	30	11:53	270	16:14
Hermannsklippe	2.60	18:21	8.50	32	5:15	249	7:06	9.00	59:16	9.11	29	17:08	260	23:20
Brocken	3.10	30:32	6.09	32	10:24	283	13:20	12.10	1:29:48	8.08	29	27:23	261	36:40
Eiserner Handwe	3.60	18:12	11.87	23	5:20	210	6:35	15.70	1:48:00	8.72	28	32:43	249	43:15
Schlüsie	4.10	19:44	12.47	31	6:47	311	8:18	19.80	2:07:44	9.30	28	39:30	259	51:33
Loddenke	3.10	15:37	11.91	30	4:30	300	6:00	22.90	2:23:21	9.58	28	44:00	259	57:33
Ilseburg/Markt	3.30	16:05	12.31	23	3:48	224	5:38	26.20	2:39:26	9.86	27	47:48	254	1:03:11