



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Grösche, Christian

Club: Braunschweig  
Number: 35

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:40:21

Speed: 9.73 km/h

Rank in course/Total: 280 (of 532)

Rank in course/Men: 259 (of 452)

Best time in course: 1:36:15

Rank in category: 28(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	20:06	8.96	28	6:23	280	8:20	3.30	20:06	8.96	28	6:23	280	8:20	
Schlüsie	3.10	20:46	8.67	27	5:30	252	7:51	6.40	40:52	8.81	29	11:50	266	16:11	
Hermannsklippe	2.60	17:59	6.67	25	4:53	219	6:44	9.00	58:51	9.18	28	16:43	255	22:55	
Brocken	3.10	30:14	5.95	29	10:06	268	13:02	12.10	1:29:05	8.08	28	26:40	253	35:57	
Eiserner Handwe	3.60	19:55	9.04	32	7:03	301	8:18	15.70	1:49:00	8.26	29	33:43	259	44:15	
Schlüsie	4.10	18:46	12.79	27	5:49	266	7:20	19.80	2:07:46	8.92	29	39:32	260	51:35	
Loddenke	3.10	15:33	11.58	28	4:26	296	5:56	22.90	2:23:19	9.21	27	43:58	258	57:31	
Ilseburg/Markt	3.30	17:02	10.57	30	4:45	300	6:35	26.20	2:40:21	9.73	28	48:43	259	1:04:06	