



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Zinser, Ralf

Club: Kirchlinteln  
Number: 268

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:41:01

Speed: 9.69 km/h

Rank in course/Total: 287 (of 532)

Rank in course/Men: 266 (of 452)

Best time in course: 1:36:15

Rank in category: 55(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	18:46	9.59	35	4:39	180	7:00	3.30	18:46	9.59	35	4:39	180	7:00
Schlüsie	3.10	20:40	8.71	49	4:54	244	7:45	6.40	39:26	9.13	41	9:33	211	14:45
Hermannsklippe	2.60	18:21	6.54	50	4:30	249	7:06	9.00	57:47	9.35	44	14:03	219	21:51
Brocken	3.10	33:13	5.42	76	12:22	371	16:01	12.10	1:31:00	7.91	58	26:22	284	37:52
Eiserner Handwe	3.60	18:50	9.56	52	5:21	245	7:13	15.70	1:49:50	8.19	55	31:43	273	45:05
Schlüsie	4.10	19:35	12.26	60	6:28	300	8:09	19.80	2:09:25	8.81	57	37:39	274	53:14
Loddenke	3.10	15:07	11.91	48	4:33	256	5:30	22.90	2:24:32	9.13	56	41:35	269	58:44
Ilseburg/Markt	3.30	16:29	10.92	53	4:32	264	6:02	26.20	2:41:01	9.69	55	45:49	266	1:04:46