



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

**Pruess, Heino**

Club: Negernbötel  
Number: 298

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:43:17

Speed: 9.63 km/h

Rank in course/Total: 307 (of 532)

Rank in course/Men: 282 (of 452)

Best time in course: 1:36:15

Rank in category: 48(of 78)

Best time in the category: 2:00:23

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	21:29	9.22	70	6:35	381	9:43	3.30	21:29	9.22	70	6:35	381	9:43
Schlüsie	3.10	20:59	8.86	44	4:40	265	8:04	6.40	42:28	9.04	53	11:15	321	17:47
Hermannsklippe	2.60	17:59	8.67	42	3:46	219	6:44	9.00	1:00:27	8.93	46	14:57	286	24:31
Brocken	3.10	29:27	6.32	43	7:19	230	12:15	12.10	1:29:54	8.08	45	22:16	265	36:46
Eiserner Handwe	3.60	19:50	10.89	50	5:35	294	8:13	15.70	1:49:44	8.58	45	27:38	267	44:59
Schlüsie	4.10	19:57	12.33	55	6:26	329	8:31	19.80	2:09:41	9.16	45	33:32	278	53:30
Loddenke	3.10	16:15	11.45	61	4:44	337	6:38	22.90	2:25:56	9.42	45	38:16	279	1:00:08
Ilseburg/Markt	3.30	17:21	11.41	57	4:38	321	6:54	26.20	2:43:17	9.63	48	42:54	282	1:07:02