



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Lang, Helmut

Club: E.ON Energie Deutschland
Number: 200

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:45:22

Speed: 9.43 km/h

Rank in course/Total: 335 (of 532)

Rank in course/Men: 306 (of 452)

Best time in course: 1:36:15

Rank in category: 61(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:02	8.56	73	6:55	353	9:16	3.30	21:02	8.56	73	6:55	353	9:16
Schlüsie	3.10	21:26	8.40	59	5:40	296	8:31	6.40	42:28	8.48	67	12:35	321	17:47
Hermannsklippe	2.60	18:29	6.49	54	4:38	259	7:14	9.00	1:00:57	8.86	61	17:13	303	25:01
Brocken	3.10	30:39	5.87	58	9:48	287	13:27	12.10	1:31:36	7.86	60	26:58	289	38:28
Eiserner Handwe	3.60	19:47	9.10	60	6:18	289	8:10	15.70	1:51:23	8.08	60	33:16	290	46:38
Schlüsie	4.10	19:09	12.53	55	6:02	280	7:43	19.80	2:10:32	8.73	59	38:46	286	54:21
Loddenke	3.10	16:19	11.03	63	5:45	340	6:42	22.90	2:26:51	8.99	59	43:54	287	1:01:03
Ilseburg/Markt	3.30	18:31	9.72	76	6:34	378	8:04	26.20	2:45:22	9.43	61	50:10	306	1:09:07