



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Manthei, Ralph

Club: Hannover
Number: 464

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:47:52

Speed: 9.29 km/h

Rank in course/Total: 362 (of 532)

Rank in course/Men: 329 (of 452)

Best time in course: 1:36:15

Rank in category: 57(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	21:05	8.54	67	6:11	359	9:19	3.30	21:05	8.54	67	6:11	359	9:19
Schlüsie	3.10	22:00	8.18	54	5:41	326	9:05	6.40	43:05	8.36	62	11:52	349	18:24
Hermannsklippe	2.60	19:24	6.19	52	5:11	315	8:09	9.00	1:02:29	8.64	56	16:59	338	26:33
Brocken	3.10	31:29	5.72	54	9:21	315	14:17	12.10	1:33:58	7.66	56	26:20	333	40:50
Eiserner Handwe	3.60	20:12	8.91	53	5:57	314	8:35	15.70	1:54:10	7.88	56	32:04	323	49:25
Schlüsie	4.10	19:47	12.13	53	6:16	314	8:21	19.80	2:13:57	8.51	56	37:48	325	57:46
Loddenke	3.10	16:28	10.93	63	4:57	346	6:51	22.90	2:30:25	8.78	57	42:45	326	1:04:37
Ilseburg/Markt	3.30	17:27	10.32	59	4:44	326	7:00	26.20	2:47:52	9.29	57	47:29	329	1:11:37