



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Kanzog, Holger

Club: Lübeck
Number: 492

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:48:26

Speed: 9.26 km/h

Rank in course/Total: 367 (of 532)

Rank in course/Men: 334 (of 452)

Best time in course: 1:36:15

Rank in category: 66(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	21:26	8.40	78	7:19	376	9:40	3.30	21:26	8.40	78	7:19	376	9:40
Schlüsie	3.10	21:42	8.29	64	5:56	312	8:47	6.40	43:08	8.35	73	13:15	354	18:27
Hermannsklippe	2.60	20:59	5.72	79	7:08	388	9:44	9.00	1:04:07	8.42	74	20:23	367	28:11
Brocken	3.10	31:23	5.74	61	10:32	313	14:11	12.10	1:35:30	7.54	71	30:52	350	42:22
Eiserner Handwe	3.60	19:59	9.01	63	6:30	304	8:22	15.70	1:55:29	7.79	69	37:22	343	50:44
Schlüsie	4.10	19:56	12.04	65	6:49	328	8:30	19.80	2:15:25	8.42	67	43:39	336	59:14
Loddenke	3.10	16:47	10.72	73	6:13	366	7:10	22.90	2:32:12	8.67	67	49:15	342	1:06:24
Ilseburg/Markt	3.30	16:14	11.09	47	4:17	241	5:47	26.20	2:48:26	9.26	66	53:14	334	1:12:11