



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Gehring, Bernd

Club: Emsdetten  
Number: 321

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:51:26

Speed: 9.10 km/h

Rank in course/Total: 392 (of 532)

Rank in course/Men: 352 (of 452)

Best time in course: 1:36:15

Rank in category: 62(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	20:34	8.75	50	5:40	315	8:48	3.30	20:34	8.75	50	5:40	315	8:48
Schlüsie	3.10	22:23	8.04	60	6:04	350	9:28	6.40	42:57	8.38	59	11:44	344	18:16
Hermannsklippe	2.60	20:19	5.91	63	6:06	370	9:04	9.00	1:03:16	8.54	61	17:46	354	27:20
Brocken	3.10	34:11	5.27	68	12:03	397	16:59	12.10	1:37:27	7.39	66	29:49	374	44:19
Eiserner Handwe	3.60	20:37	8.73	59	6:22	333	9:00	15.70	1:58:04	7.62	64	35:58	366	53:19
Schlüsie	4.10	20:55	11.47	63	7:24	364	9:29	19.80	2:18:59	8.20	64	42:50	363	1:02:48
Loddenke	3.10	16:00	11.25	57	4:29	323	6:23	22.90	2:34:59	8.52	64	47:19	360	1:09:11
Ilseburg/Markt	3.30	16:27	10.94	46	3:44	259	6:00	26.20	2:51:26	9.10	62	51:03	352	1:15:11