



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Seitz, Frank

Club: Leinefelde-Worbis
Number: 379

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:54:14

Speed: 8.95 km/h

Rank in course/Total: 414 (of 532)

Rank in course/Men: 369 (of 452)

Best time in course: 1:36:15

Rank in category: 76(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	20:34	8.75	66	6:27	315	8:48	3.30	20:34	8.75	66	6:27	315	8:48
Schlüsie	3.10	21:27	8.39	60	5:41	299	8:32	6.40	42:01	8.57	62	12:08	301	17:20
Hermannsklippe	2.60	18:41	6.42	55	4:50	270	7:26	9.00	1:00:42	8.90	58	16:58	292	24:46
Brocken	3.10	33:10	5.43	75	12:19	365	15:58	12.10	1:33:52	7.67	64	29:14	331	40:44
Eiserner Handwe	3.60	22:16	8.08	81	8:47	393	10:39	15.70	1:56:08	7.75	72	38:01	353	51:23
Schlüsie	4.10	21:40	11.08	78	8:33	385	10:14	19.80	2:17:48	8.27	72	46:02	356	1:01:37
Loddenke	3.10	16:51	10.68	74	6:17	368	7:14	22.90	2:34:39	8.54	72	51:42	358	1:08:51
Ilseburg/Markt	3.30	19:35	9.19	84	7:38	410	9:08	26.20	2:54:14	8.95	76	59:02	369	1:17:59