



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Sprenger, Jon

Club: Hannover
Number: 119

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:57:39

Speed: 8.78 km/h

Rank in course/Total: 435 (of 532)

Rank in course/Men: 386 (of 452)

Best time in course: 1:36:15

Rank in category: 46(of 48)

Best time in the category: 1:56:54

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	22:13	8.10	46	8:05	406	10:27	3.30	22:13	8.10	46	8:05	406	10:27
Schlüsie	3.10	23:14	7.75	45	7:21	382	10:19	6.40	45:27	7.92	46	15:24	398	20:46
Hermannsklippe	2.60	21:17	5.64	46	7:25	394	10:02	9.00	1:06:44	8.09	48	22:45	401	30:48
Brocken	3.10	33:38	5.35	47	11:57	381	16:26	12.10	1:40:22	7.17	48	34:42	398	47:14
Eiserner Handwe	3.60	20:37	8.73	41	6:52	333	9:00	15.70	2:00:59	7.44	45	41:23	384	56:14
Schlüsie	4.10	20:39	11.62	44	7:27	356	9:13	19.80	2:21:38	8.05	45	48:44	386	1:05:27
Loddenke	3.10	17:13	10.45	47	5:48	383	7:36	22.90	2:38:51	8.31	46	54:32	385	1:13:03
Ilseburg/Markt	3.30	18:48	9.57	45	6:13	388	8:21	26.20	2:57:39	8.78	46	1:00:45	386	1:21:24