



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Armbrüster, Ralf

Club: Hagen a.t.W  
Number: 142

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:59:37

Speed: 8.69 km/h

Rank in course/Total: 443 (of 532)

Rank in course/Men: 392 (of 452)

Best time in course: 1:36:15

Rank in category: 37(of 50)

Best time in the category: 2:08:31

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	21:03	8.55	36	4:34	354	9:17	3.30	21:03	8.55	36	4:34	354	9:17
Schlüsie	3.10	23:35	7.63	37	6:16	397	10:40	6.40	44:38	8.07	37	10:24	376	19:57
Hermannsklippe	2.60	21:22	5.62	37	6:30	400	10:07	9.00	1:06:00	8.18	37	16:06	386	30:04
Brocken	3.10	34:28	5.22	41	10:34	403	17:16	12.10	1:40:28	7.17	37	26:40	399	47:20
Eiserner Handwe	3.60	21:26	8.40	36	5:59	368	9:49	15.70	2:01:54	7.38	39	32:39	395	57:09
Schlüsie	4.10	20:32	11.69	32	6:17	349	9:06	19.80	2:22:26	8.00	38	38:56	391	1:06:15
Loddenke	3.10	17:14	10.44	39	5:24	386	7:37	22.90	2:39:40	8.27	37	44:20	391	1:13:52
Ilseburg/Markt	3.30	19:57	9.02	43	6:46	413	9:30	26.20	2:59:37	8.69	37	51:06	392	1:23:22