



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: 8.75 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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
Loddenke	3.30	21:03	9.41	36	4:34	354	9:17	3.30	21:03	9.41	36	4:34	354	9:17				
Schlüsie	3.10	23:35	7.89	37	6:16	397	10:40	6.40	44:38	8.60	37	10:24	376	19:57				
Hermannsklippe	2.60	21:22	7.30	37	6:30	400	10:07	9.00	1:06:00	8.18	37	16:06	386	30:04				
Brocken	3.10	34:28	5.40	41	10:34	403	17:16	12.10	1:40:28	7.23	37	26:40	399	47:20				
Eiserner Handwe	3.60	21:26	10.08	36	5:59	368	9:49	15.70	2:01:54	7.73	39	32:39	395	57:09				
Schlüsie	4.10	20:32	11.98	32	6:17	349	9:06	19.80	2:22:26	8.34	38	38:56	391	1:06:15				
Loddenke	3.10	17:14	10.79	39	5:24	386	7:37	22.90	2:39:40	8.61	37	44:20	391	1:13:52				
Ilseburg/Markt	3.30	19:57	9.92	43	6:46	413	9:30	26.20	2:59:37	8.75	37	51:06	392	1:23:22				