



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Graß, Joachim

Club: Brockel  
Number: 188

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:12:46

Speed: 8.09 km/h

Rank in course/Total: 489 (of 532)

Rank in course/Men: 421 (of 452)

Best time in course: 1:36:15

Rank in category: 47(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	24:53	7.23	50	8:24	447	13:07	3.30	24:53	7.23	50	8:24	447	13:07
Schlüsie	3.10	26:11	6.87	45	8:52	431	13:16	6.40	51:04	7.05	47	16:50	443	26:23
Hermannsklippe	2.60	24:15	4.95	48	9:23	435	13:00	9.00	1:15:19	7.17	47	25:25	440	39:23
Brocken	3.10	36:22	4.95	46	12:28	426	19:10	12.10	1:51:41	6.45	48	37:53	434	58:33
Eiserner Handwe	3.60	22:19	8.07	42	6:52	396	10:42	15.70	2:14:00	6.72	48	44:45	429	1:09:15
Schlüsie	4.10	22:16	10.78	42	8:01	401	10:50	19.80	2:36:16	7.30	47	52:46	425	1:20:05
Loddenke	3.10	17:25	10.33	42	5:35	395	7:48	22.90	2:53:41	7.60	47	58:21	424	1:27:53
Ilseburg/Markt	3.30	19:05	9.43	40	5:54	394	8:38	26.20	3:12:46	8.09	47	1:04:15	421	1:36:31