



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Thiemann, Frank

Club: Brockel
Number: 187

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:19:29

Speed: 7.88 km/h

Rank in course/Total: 503 (of 532)

Rank in course/Men: 433 (of 452)

Best time in course: 1:36:15

Rank in category: 87(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	23:42	8.35	90	9:35	439	11:56	3.30	23:42	8.35	90	9:35	439	11:56
Schlüsie	3.10	26:22	7.05	88	10:36	434	13:27	6.40	50:04	7.67	90	20:11	437	25:23
Hermannsklippe	2.60	23:22	6.68	88	9:31	429	12:07	9.00	1:13:26	7.35	88	29:42	430	37:30
Brocken	3.10	36:12	5.14	87	15:21	424	19:00	12.10	1:49:38	6.62	88	45:00	428	56:30
Eiserner Handwe	3.60	25:23	8.51	89	11:54	433	13:46	15.70	2:15:01	6.98	88	56:54	433	1:10:16
Schlüsie	4.10	25:13	9.76	86	12:06	432	13:47	19.80	2:40:14	7.41	88	1:08:28	434	1:24:03
Loddenke	3.10	18:56	9.82	85	8:22	420	9:19	22.90	2:59:10	7.67	88	1:16:13	435	1:33:22
Ilseburg/Markt	3.30	20:19	9.75	87	8:22	416	9:52	26.20	3:19:29	7.88	87	1:24:17	433	1:43:14