



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Freund, Hans-Joachim

Club: Weinheim
Number: 178

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:35:38

Speed: 7.29 km/h

Rank in course/Total: 520 (of 532)

Rank in course/Men: 444 (of 452)

Best time in course: 1:36:15

Rank in category: 39(of 39)

Best time in the category: 1:51:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	23:15	8.52	38	429	9:32	11:29	3.30	23:15	8.52	38	429	9:32	11:29
Schlüsie	3.10	26:50	6.93	39	437	11:34	13:55	6.40	50:05	7.67	39	438	21:03	25:24
Hermannsklippe	2.60	26:13	5.95	39	443	13:07	14:58	9.00	1:16:18	7.08	39	444	34:10	40:22
Brocken	3.10	39:20	4.73	39	444	19:12	22:08	12.10	1:55:38	6.28	39	446	53:13	1:02:30
Eiserner Handwe	3.60	25:34	8.45	38	438	12:42	13:57	15.70	2:21:12	6.67	39	442	1:05:55	1:16:27
Schlüsie	4.10	26:36	9.25	39	445	13:39	15:10	19.80	2:47:48	7.08	39	445	1:19:34	1:31:37
Loddenke	3.10	22:44	8.18	39	445	11:37	13:07	22.90	3:10:32	7.21	39	444	1:31:11	1:44:44
Ilseburg/Markt	3.30	25:06	7.89	39	444	12:49	14:39	26.20	3:35:38	7.29	39	444	1:44:00	1:59:23