



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Brandt, Tewes**

Club: Delligser SC  
Number: 288

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:57:42

Speed: 13.25 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 8 (of 529)

Rank in course/Men: 8 (of 447)

Best time in course: 1:39:39

Rank in category: 1(of 75)

Best time in the category: 1:57:42

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	14:27	4:22	1	-	11	4:50	3.30	14:27	4:22	1	-	11	4:50
Schlüsie	3.10	15:50	5:06	1	-	3	2:00	6.40	30:17	4:43	1	-	7	4:13
Hermannsklippe	2.60	13:30	5:11	1	-	4	1:49	9.00	43:47	4:51	1	-	6	5:57
Brocken	3.10	21:16	6:51	1	-	9	3:01	12.10	1:05:03	5:22	1	-	6	8:58
Eiserner Handwe	3.60	13:29	3:44	1	-	5	0:59	15.70	1:18:32	5:00	1	-	5	9:57
Schlüsie	4.10	12:57	3:09	1	-	4	0:33	19.80	1:31:29	4:37	1	-	5	10:28
Loddenke	3.10	11:58	3:51	3	0:46	21	1:38	22.90	1:43:27	4:31	1	-	7	12:06
Ilseburg/Markt	3.30	14:15	4:19	13	1:35	59	5:57	26.20	1:57:42	4:29	1	-	8	18:03