



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ulrich, Kai-Uwe

Club: MSV Meusegast
Number: 414

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:12:55

Speed: 11.74 km/h
Running performance: 5:04 min/km

Rank in course/Total: 38 (of 529)

Rank in course/Men: 36 (of 447)

Best time in course: 1:39:39

Rank in category: 5(of 85)

Best time in the category: 1:59:41

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	16:22	4:57	5	1:45	48	6:45	3.30	16:22	4:57	5	1:45	48	6:45
Schlüsie	3.10	18:43	6:02	9	2:06	52	4:53	6.40	35:05	5:28	6	3:51	49	9:01
Hermannsklippe	2.60	15:43	6:02	5	1:28	39	4:02	9.00	50:48	5:38	4	5:19	41	12:58
Brocken	3.10	24:48	8:00	6	2:04	34	6:33	12.10	1:15:36	6:14	5	7:14	36	19:31
Eiserner Handwe	3.60	16:03	4:27	10	1:28	58	3:33	15.70	1:31:39	5:50	4	8:42	37	23:04
Schlüsie	4.10	15:16	3:43	8	1:25	45	2:52	19.80	1:46:55	5:23	5	10:07	37	25:54
Loddenke	3.10	12:34	4:03	8	1:34	36	2:14	22.90	1:59:29	5:13	5	11:41	36	28:08
Ilseburg/Markt	3.30	13:26	4:04	6	1:33	23	5:08	26.20	2:12:55	5:04	5	13:14	36	33:16