



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Bittner, Holger

Club: Brockenlaufverein
Number: 507

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:15:01

Speed: 11.55 km/h
Running performance: 5:09 min/km

Rank in course/Total: 45 (of 529)

Rank in course/Men: 43 (of 447)

Best time in course: 1:39:39

Rank in category: 10(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	17:04	5:10	19	2:27	83	7:27	3.30	17:04	5:10	19	2:27	83	7:27
Schlüsie	3.10	19:25	6:15	18	2:48	81	5:35	6.40	36:29	5:42	17	5:15	80	10:25
Hermannsklippe	2.60	16:17	6:15	12	2:02	64	4:36	9.00	52:46	5:51	16	7:17	73	14:56
Brocken	3.10	25:26	8:12	9	2:42	48	7:11	12.10	1:18:12	6:27	12	9:50	58	22:07
Eiserner Handwe	3.60	15:35	4:19	5	1:00	38	3:05	15.70	1:33:47	5:58	11	10:50	55	25:12
Schlüsie	4.10	14:59	3:39	7	1:08	39	2:35	19.80	1:48:46	5:29	11	11:58	52	27:45
Loddenke	3.10	12:26	4:00	6	1:26	30	2:06	22.90	2:01:12	5:17	10	13:24	45	29:51
Ilseburg/Markt	3.30	13:49	4:11	9	1:56	34	5:31	26.20	2:15:01	5:09	10	15:20	43	35:22