



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kreysing, Karsten

Club: E.ON
Number: 138

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:15:23

Speed: 11.52 km/h
Running performance: 5:10 min/km

Rank in course/Total: 47 (of 529)

Rank in course/Men: 44 (of 447)

Best time in course: 1:39:39

Rank in category: 7(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	17:13	5:13	15	2:46	91	7:36	3.30	17:13	5:13	15	2:46	91	7:36
Schlüsie	3.10	19:31	6:17	14	3:41	87	5:41	6.40	36:44	5:44	14	6:27	88	10:40
Hermannsklippe	2.60	16:28	6:19	14	2:58	73	4:47	9.00	53:12	5:54	14	9:25	82	15:22
Brocken	3.10	26:36	8:34	15	5:20	79	8:21	12.10	1:19:48	6:35	13	14:45	77	23:43
Eiserner Handwe	3.60	15:30	4:18	7	2:01	36	3:00	15.70	1:35:18	6:04	12	16:46	65	26:43
Schlüsie	4.10	14:36	3:33	4	1:39	26	2:12	19.80	1:49:54	5:33	11	18:25	56	28:53
Loddenke	3.10	11:58	3:51	3	0:46	21	1:38	22.90	2:01:52	5:19	8	18:25	50	30:31
Ilseburg/Markt	3.30	13:31	4:05	3	0:51	25	5:13	26.20	2:15:23	5:10	7	17:41	44	35:44