



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Kostrewa, Bruno**

Club: Dellinger SC  
Number: 543

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:15:52

Speed: 11.48 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 50 (of 529)

Rank in course/Men: 47 (of 447)

Best time in course: 1:39:39

Rank in category: 2(of 58)

Best time in the category: 2:02:30

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	17:08	5:11	4	2:03	89	7:31	3.30	17:08	5:11	4	2:03	89	7:31
Schlüsie	3.10	18:41	6:01	2	1:51	49	4:51	6.40	35:49	5:35	3	3:54	71	9:45
Hermannsklippe	2.60	16:10	6:13	2	1:59	58	4:29	9.00	51:59	5:46	2	5:53	62	14:09
Brocken	3.10	25:15	8:08	2	2:31	42	7:00	12.10	1:17:14	6:22	2	8:24	53	21:09
Eiserner Handwe	3.60	16:09	4:29	4	1:18	63	3:39	15.70	1:33:23	5:56	2	9:42	54	24:48
Schlüsie	4.10	15:22	3:44	3	1:10	50	2:58	19.80	1:48:45	5:29	2	10:52	51	27:44
Loddenke	3.10	12:43	4:06	2	1:10	41	2:23	22.90	2:01:28	5:18	2	12:02	48	30:07
Ilseburg/Markt	3.30	14:24	4:21	2	1:20	65	6:06	26.20	2:15:52	5:11	2	13:22	47	36:13