



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Hensel, Ronald

Club: MD

Number: 295

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:16:11

Speed: 11.46 km/h

Running performance: 5:12 min/km

Rank in course/Total: 54 (of 529)

Rank in course/Men: 51 (of 447)

Best time in course: 1:39:39

Rank in category: 9(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:49	5:05	12	2:22	74	7:12	3.30	16:49	5:05	12	2:22	74	7:12
Schlüsie	3.10	18:43	6:02	7	2:53	52	4:53	6.40	35:32	5:33	11	5:15	57	9:28
Hermannsklippe	2.60	15:34	5:59	7	2:04	36	3:53	9.00	51:06	5:40	7	7:19	46	13:16
Brocken	3.10	25:06	8:05	7	3:50	39	6:51	12.10	1:16:12	6:17	8	11:09	43	20:07
Eiserner Handwe	3.60	16:35	4:36	18	3:06	90	4:05	15.70	1:32:47	5:54	8	14:15	45	24:12
Schlüsie	4.10	15:56	3:53	13	2:59	71	3:32	19.80	1:48:43	5:29	9	17:14	50	27:42
Loddenke	3.10	13:19	4:17	17	2:07	83	2:59	22.90	2:02:02	5:19	9	18:35	51	30:41
Ilseburg/Markt	3.30	14:09	4:17	10	1:29	49	5:51	26.20	2:16:11	5:11	9	18:29	51	36:32