



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Walgers, Ariën

Club: Dasseler SC  
Number: 307

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:18:22

Speed: 11.27 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 65 (of 529)

Rank in course/Men: 60 (of 447)

Best time in course: 1:39:39

Rank in category: 11(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	17:50	5:24	22	3:23	127	8:13	3.30	17:50	5:24	22	3:23	127	8:13
Schlüsie	3.10	19:34	6:18	15	3:44	90	5:44	6.40	37:24	5:50	16	7:07	103	11:20
Hermannsklippe	2.60	16:10	6:13	12	2:40	58	4:29	9.00	53:34	5:57	15	9:47	88	15:44
Brocken	3.10	26:33	8:33	14	5:17	78	8:18	12.10	1:20:07	6:37	14	15:04	82	24:02
Eiserner Handwe	3.60	16:03	4:27	9	2:34	58	3:33	15.70	1:36:10	6:07	13	17:38	76	27:35
Schlüsie	4.10	15:21	3:44	9	2:24	48	2:57	19.80	1:51:31	5:37	13	20:02	66	30:30
Loddenke	3.10	12:49	4:08	9	1:37	51	2:29	22.90	2:04:20	5:25	12	20:53	62	32:59
Ilseburg/Markt	3.30	14:02	4:15	8	1:22	43	5:44	26.20	2:18:22	5:16	11	20:40	60	38:43