



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Griemert, Rudolf

Club: Clausthal-Zellerfeld  
Number: 292

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:18:59

Speed: 11.22 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 67 (of 529)

Rank in course/Men: 62 (of 447)

Best time in course: 1:39:39

Rank in category: 8(of 36)

Best time in the category: 1:42:44

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	17:23	5:16	10	5:09	102	7:46	3.30	17:23	5:16	10	5:09	102	7:46
Schlüsie	3.10	18:58	6:07	9	5:08	63	5:08	6.40	36:21	5:40	10	10:17	77	10:17
Hermannsklippe	2.60	16:23	6:18	10	4:33	68	4:42	9.00	52:44	5:51	10	14:50	72	14:54
Brocken	3.10	25:30	8:13	7	7:12	52	7:15	12.10	1:18:14	6:27	8	22:02	59	22:09
Eiserner Handwe	3.60	16:01	4:26	8	3:30	56	3:31	15.70	1:34:15	6:00	7	25:32	58	25:40
Schlüsie	4.10	16:20	3:59	11	3:56	98	3:56	19.80	1:50:35	5:35	7	29:28	60	29:34
Loddenke	3.10	13:08	4:14	9	2:47	74	2:48	22.90	2:03:43	5:24	7	32:15	59	32:22
Ilseburg/Markt	3.30	15:16	4:37	15	4:00	120	6:58	26.20	2:18:59	5:18	8	36:15	62	39:20