



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ringe, Karsten

Club: TSG Emmerthal
Number: 317

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:21:03

Speed: 11.06 km/h
Running performance: 5:23 min/km

Rank in course/Total: 79 (of 529)

Rank in course/Men: 74 (of 447)

Best time in course: 1:39:39

Rank in category: 4(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	17:16	5:13	6	2:11	94	7:39	3.30	17:16	5:13	6	2:11	94	7:39
Schlüsie	3.10	19:13	6:11	3	2:23	74	5:23	6.40	36:29	5:42	4	4:34	80	10:25
Hermannsklippe	2.60	16:20	6:16	3	2:09	66	4:39	9.00	52:49	5:52	3	6:43	75	14:59
Brocken	3.10	26:13	8:27	5	3:29	68	7:58	12.10	1:19:02	6:31	4	10:12	69	22:57
Eiserner Handwe	3.60	16:33	4:35	6	1:42	85	4:03	15.70	1:35:35	6:05	4	11:54	66	27:00
Schlüsie	4.10	16:31	4:01	8	2:19	110	4:07	19.80	1:52:06	5:39	4	14:13	69	31:05
Loddenke	3.10	13:40	4:24	8	2:07	110	3:20	22.90	2:05:46	5:29	4	16:20	68	34:25
Ilseburg/Markt	3.30	15:17	4:37	9	2:13	122	6:59	26.20	2:21:03	5:23	4	18:33	74	41:24