



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Harbart, Bernd

Club: Springe  
Number: 313

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:21:51

Speed: 11.00 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 86 (of 529)

Rank in course/Men: 81 (of 447)

Best time in course: 1:39:39

Rank in category: 14(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	18:25	5:34	29	3:58	160	8:48	3.30	18:25	5:34	29	3:58	160	8:48
Schlüsie	3.10	19:48	6:23	18	3:58	104	5:58	6.40	38:13	5:58	23	7:56	121	12:09
Hermannsklippe	2.60	17:06	6:34	19	3:36	108	5:25	9.00	55:19	6:08	20	11:32	115	17:29
Brocken	3.10	27:09	8:45	20	5:53	101	8:54	12.10	1:22:28	6:48	19	17:25	103	26:23
Eiserner Handwe	3.60	16:12	4:30	10	2:43	66	3:42	15.70	1:38:40	6:17	16	20:08	93	30:05
Schlüsie	4.10	15:50	3:51	10	2:53	64	3:26	19.80	1:54:30	5:46	15	23:01	87	33:29
Loddenke	3.10	12:42	4:05	8	1:30	40	2:22	22.90	2:07:12	5:33	15	23:45	81	35:51
Ilseburg/Markt	3.30	14:39	4:26	17	1:59	77	6:21	26.20	2:21:51	5:24	14	24:09	81	42:12