



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Cherek, Uwe

Club: Turnerbund Hamburg Eilbeck
Number: 26

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:21:59

Speed: 10.99 km/h
Running performance: 5:25 min/km

Rank in course/Total: 87 (of 529)

Rank in course/Men: 82 (of 447)

Best time in course: 1:39:39

Rank in category: 15(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 | 16:26 | 4:58 | 8 | 1:59 | 53 | 6:49 | 3.30 | 16:26 | 4:58 | 8 | 1:59 | 53 | 6:49 |
| Schlüsie | 3.10 | 19:18 | 6:13 | 12 | 3:28 | 76 | 5:28 | 6.40 | 35:44 | 5:34 | 12 | 5:27 | 65 | 9:40 |
| Hermannsklippe | 2.60 | 16:48 | 6:27 | 17 | 3:18 | 93 | 5:07 | 9.00 | 52:32 | 5:50 | 12 | 8:45 | 70 | 14:42 |
| Brocken | 3.10 | 26:07 | 8:25 | 12 | 4:51 | 67 | 7:52 | 12.10 | 1:18:39 | 6:30 | 10 | 13:36 | 63 | 22:34 |
| Eiserner Handwe | 3.60 | 16:32 | 4:35 | 13 | 3:03 | 82 | 4:02 | 15.70 | 1:35:11 | 6:03 | 11 | 16:39 | 64 | 26:36 |
| Schlüsie | 4.10 | 16:18 | 3:58 | 17 | 3:21 | 95 | 3:54 | 19.80 | 1:51:29 | 5:37 | 12 | 20:00 | 65 | 30:28 |
| Loddenke | 3.10 | 14:25 | 4:39 | 33 | 3:13 | 171 | 4:05 | 22.90 | 2:05:54 | 5:29 | 13 | 22:27 | 70 | 34:33 |
| Ilseburg/Markt | 3.30 | 16:05 | 4:52 | 37 | 3:25 | 181 | 7:47 | 26.20 | 2:21:59 | 5:25 | 15 | 24:17 | 82 | 42:20 |