



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