



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Thomas, Bernd

Club: MSV Eintracht Halberstadt
Number: 299

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:22:48

Speed: 10.92 km/h
Running performance: 5:27 min/km

Rank in course/Total: 93 (of 529)

Rank in course/Men: 88 (of 447)

Best time in course: 1:39:39

Rank in category: 5(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	16:40	5:03	3	1:35	68	7:03	3.30	16:40	5:03	3	1:35	68	7:03
Schlüsie	3.10	20:19	6:33	7	3:29	115	6:29	6.40	36:59	5:46	6	5:04	94	10:55
Hermannsklippe	2.60	17:42	6:48	13	3:31	159	6:01	9.00	54:41	6:04	7	8:35	107	16:51
Brocken	3.10	28:53	9:19	14	6:09	159	10:38	12.10	1:23:34	6:54	7	14:44	117	27:29
Eiserner Handwe	3.60	15:57	4:25	3	1:06	51	3:27	15.70	1:39:31	6:20	6	15:50	101	30:56
Schlüsie	4.10	14:51	3:37	2	0:39	33	2:27	19.80	1:54:22	5:46	5	16:29	85	33:21
Loddenke	3.10	13:15	4:16	5	1:42	80	2:55	22.90	2:07:37	5:34	5	18:11	84	36:16
Ilseburg/Markt	3.30	15:11	4:36	8	2:07	113	6:53	26.20	2:22:48	5:27	5	20:18	88	43:09