



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Delfs, Sören

Club: Die Enten  
Number: 92

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:23:09

Speed: 10.90 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 95 (of 529)

Rank in course/Men: 90 (of 447)

Best time in course: 1:39:39

Rank in category: 16(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	19:21	5:51	41	4:54	218	9:44	3.30	19:21	5:51	41	4:54	218	9:44
Schlüsie	3.10	21:02	6:47	31	5:12	161	7:12	6.40	40:23	6:18	35	10:06	191	14:19
Hermannsklippe	2.60	16:48	6:27	17	3:18	93	5:07	9.00	57:11	6:21	30	13:24	155	19:21
Brocken	3.10	26:19	8:29	13	5:03	70	8:04	12.10	1:23:30	6:54	23	18:27	116	27:25
Eiserner Handwe	3.60	16:32	4:35	13	3:03	82	4:02	15.70	1:40:02	6:22	21	21:30	110	31:27
Schlüsie	4.10	15:54	3:52	12	2:57	70	3:30	19.80	1:55:56	5:51	18	24:27	98	34:55
Loddenke	3.10	12:58	4:10	11	1:46	59	2:38	22.90	2:08:54	5:37	16	25:27	92	37:33
Ilseburg/Markt	3.30	14:15	4:19	13	1:35	59	5:57	26.20	2:23:09	5:27	16	25:27	90	43:30