



46. Brockenlauf Ilseburg / 03.09.2016

Detailed evaluation

Jermis, Dieter

Club: Hameln

Number: 331

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:24:15

Speed: 10.90 km/h

Running performance: 5:31 min/km

Rank in course/Total: 102 (of 529)

Rank in course/Men: 97 (of 447)

Best time in course: 1:39:39

Rank in category: 2(of 29)

Best time in the category: 2:22:45

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	17:29	5:17	2	0:25	105	7:52	3.30	17:29	5:17	2	0:25	105	7:52
Schlüsle	3.10	20:35	6:38	4	1:02	129	6:45	6.40	38:04	5:56	2	1:27	118	12:00
Hermannsklippe	2.60	17:38	6:46	3	0:25	154	5:57	9.00	55:42	6:11	2	1:52	117	17:52
Brocken	3.10	27:05	8:44	1	-	96	8:50	12.10	1:22:47	6:50	2	1:22	106	26:42
Eiserner Handwe	3.60	17:16	4:47	5	0:51	132	4:46	15.70	1:40:03	6:22	2	1:29	111	31:28
Schlüsle	4.10	16:16	3:58	3	0:23	91	3:52	19.80	1:56:19	5:52	2	1:52	102	35:18
Loddenke	3.10	13:07	4:13	1	-	71	2:47	22.90	2:09:26	5:39	2	1:42	96	38:05
Ilseburg/Markt	3.30	14:49	4:29	1	-	85	6:31	26.20	2:24:15	5:30	2	1:30	97	44:36