



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Messerschmidt, Michael

Club: Delligser SC
Number: 279

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:25:25

Speed: 10.73 km/h
Running performance: 5:33 min/km

Rank in course/Total: 110 (of 529)

Rank in course/Men: 105 (of 447)

Best time in course: 1:39:39

Rank in category: 22(of 85)

Best time in the category: 1:59:41

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	18:27	5:35	31	3:50	162	8:50	3.30	18:27	5:35	31	3:50	162	8:50
Schlüsie	3.10	20:23	6:34	23	3:46	118	6:33	6.40	38:50	6:04	26	7:36	137	12:46
Hermannsklippe	2.60	17:13	6:37	26	2:58	119	5:32	9.00	56:03	6:13	24	10:34	124	18:13
Brocken	3.10	27:05	8:44	21	4:21	96	8:50	12.10	1:23:08	6:52	23	14:46	109	27:03
Eiserner Handwe	3.60	18:04	5:01	39	3:29	179	5:34	15.70	1:41:12	6:26	22	18:15	121	32:37
Schlüsie	4.10	17:24	4:14	30	3:33	161	5:00	19.80	1:58:36	5:59	24	21:48	130	37:35
Loddenke	3.10	12:46	4:07	10	1:46	44	2:26	22.90	2:11:22	5:44	23	23:34	116	40:01
Ilseburg/Markt	3.30	14:03	4:15	13	2:10	44	5:45	26.20	2:25:25	5:33	22	25:44	105	45:46