



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Brem, Thomas

Club: Emden LG
Number: 296

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:29

Speed: 10.65 km/h
Running performance: 5:35 min/km

Rank in course/Total: 114 (of 529)

Rank in course/Men: 109 (of 447)

Best time in course: 1:39:39

Rank in category: 19(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	18:44	5:40	32	4:17	170	9:07	3.30	18:44	5:40	32	4:17	170	9:07
Schlüsie	3.10	21:00	6:46	29	5:10	158	7:10	6.40	39:44	6:12	30	9:27	164	13:40
Hermannsklippe	2.60	17:23	6:41	23	3:53	129	5:42	9.00	57:07	6:20	26	13:20	145	19:17
Brocken	3.10	27:36	8:54	22	6:20	112	9:21	12.10	1:24:43	7:00	25	19:40	131	28:38
Eiserner Handwe	3.60	17:13	4:46	24	3:44	130	4:43	15.70	1:41:56	6:29	24	23:24	131	33:21
Schlüsie	4.10	17:07	4:10	24	4:10	146	4:43	19.80	1:59:03	6:00	23	27:34	133	38:02
Loddenke	3.10	13:13	4:15	15	2:01	78	2:53	22.90	2:12:16	5:46	23	28:49	125	40:55
Ilseburg/Markt	3.30	14:13	4:18	11	1:33	56	5:55	26.20	2:26:29	5:35	19	28:47	109	46:50