



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Maier, Frank

Club: Meyenburg  
Number: 293

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:26:32

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

Rank in course/Total: 116 (of 529)

Rank in course/Men: 111 (of 447)

Best time in course: 1:39:39

Rank in category: 20(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	19:53	6:01	49	5:26	263	10:16	3.30	19:53	6:01	49	5:26	263	10:16	
Schlüsie	3.10	22:13	7:09	43	6:23	232	8:23	6.40	42:06	6:34	48	11:49	242	16:02	
Hermannsklippe	2.60	17:12	6:36	20	3:42	115	5:31	9.00	59:18	6:35	35	15:31	209	21:28	
Brocken	3.10	27:36	8:54	22	6:20	112	9:21	12.10	1:26:54	7:10	29	21:51	163	30:49	
Eiserner Handwe	3.60	16:35	4:36	18	3:06	90	4:05	15.70	1:43:29	6:35	27	24:57	152	34:54	
Schlüsie	4.10	16:52	4:06	22	3:55	127	4:28	19.80	2:00:21	6:04	27	28:52	146	39:20	
Loddenke	3.10	12:30	4:01	6	1:18	33	2:10	22.90	2:12:51	5:48	24	29:24	135	41:30	
Ilseburg/Markt	3.30	13:41	4:08	5	1:01	28	5:23	26.20	2:26:32	5:35	20	28:50	111	46:53	