



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Kramer, Wilhelm

Club: SC Vienenburg  
Number: 242

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:27:01

Speed: 10.61 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 122 (of 529)

Rank in course/Men: 117 (of 447)

Best time in course: 1:39:39

Rank in category: 8(of 58)

Best time in the category: 2:02:30

| 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     | 17:15      | 5:13         | 5           | 2:10        | 92      | 7:38       | 3.30          | 17:15      | 5:13         | 5        | 2:10        | 92      | 7:38       |
| Schlüsie           | 3.10     | 19:26      | 6:16         | 5           | 2:36        | 82      | 5:36       | 6.40          | 36:41      | 5:43         | 5        | 4:46        | 87      | 10:37      |
| Hermannsklippe     | 2.60     | 16:42      | 6:25         | 5           | 2:31        | 87      | 5:01       | 9.00          | 53:23      | 5:55         | 5        | 7:17        | 85      | 15:33      |
| Brocken            | 3.10     | 28:55      | 9:19         | 15          | 6:11        | 160     | 10:40      | 12.10         | 1:22:18    | 6:48         | 6        | 13:28       | 101     | 26:13      |
| Eiserner Handwe    | 3.60     | 17:25      | 4:50         | 8           | 2:34        | 137     | 4:55       | 15.70         | 1:39:43    | 6:21         | 7        | 16:02       | 103     | 31:08      |
| Schlüsie           | 4.10     | 16:18      | 3:58         | 7           | 2:06        | 95      | 3:54       | 19.80         | 1:56:01    | 5:51         | 6        | 18:08       | 99      | 35:00      |
| Loddenke           | 3.10     | 14:01      | 4:31         | 11          | 2:28        | 140     | 3:41       | 22.90         | 2:10:02    | 5:40         | 6        | 20:36       | 100     | 38:41      |
| Ilseburg/Markt     | 3.30     | 16:59      | 5:08         | 28          | 3:55        | 242     | 8:41       | 26.20         | 2:27:01    | 5:36         | 8        | 24:31       | 117     | 47:22      |