



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Holzhausen, Norbert

Club: Tg wehlheiden  
Number: 556

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:27:33

Speed: 10.57 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 131 (of 529)

Rank in course/Men: 124 (of 447)

Best time in course: 1:39:39

Rank in category: 3(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	18:22	5:33	5	1:18	157	8:45	3.30	18:22	5:33	5	1:18	157	8:45
Schlüsie	3.10	20:32	6:37	3	0:59	126	6:42	6.40	38:54	6:04	4	2:17	138	12:50
Hermannsklippe	2.60	17:32	6:44	2	0:19	141	5:51	9.00	56:26	6:16	4	2:36	130	18:36
Brocken	3.10	29:27	9:30	5	2:22	182	11:12	12.10	1:25:53	7:05	4	4:28	149	29:48
Eiserner Handwe	3.60	16:34	4:36	2	0:09	87	4:04	15.70	1:42:27	6:31	4	3:53	139	33:52
Schlüsie	4.10	16:44	4:04	4	0:51	119	4:20	19.80	1:59:11	6:01	4	4:44	135	38:10
Loddenke	3.10	13:21	4:18	3	0:14	86	3:01	22.90	2:12:32	5:47	4	4:48	131	41:11
Ilseburg/Markt	3.30	15:01	4:33	2	0:12	97	6:43	26.20	2:27:33	5:37	3	4:48	124	47:54