



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Joppe, Holger

Club: TSV Hilwartshausen
Number: 196

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:28:17

Speed: 10.52 km/h
Running performance: 5:40 min/km

Rank in course/Total: 139 (of 529)

Rank in course/Men: 132 (of 447)

Best time in course: 1:39:39

Rank in category: 24(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	20:16	6:08	57	5:39	286	10:39	3.30	20:16	6:08	57	5:39	286	10:39
Schlüsie	3.10	22:09	7:08	43	5:32	224	8:19	6.40	42:25	6:37	49	11:11	253	16:21
Hermannsklippe	2.60	17:35	6:45	29	3:20	146	5:54	9.00	1:00:00	6:40	45	14:31	227	22:10
Brocken	3.10	27:47	8:57	23	5:03	124	9:32	12.10	1:27:47	7:15	34	19:25	179	31:42
Eiserner Handwe	3.60	17:16	4:47	27	2:41	132	4:46	15.70	1:45:03	6:41	30	22:06	169	36:28
Schlüsie	4.10	16:21	3:59	20	2:30	100	3:57	19.80	2:01:24	6:07	29	24:36	156	40:23
Loddenke	3.10	13:05	4:13	17	2:05	67	2:45	22.90	2:14:29	5:52	27	26:41	147	43:08
Ilseburg/Markt	3.30	13:48	4:10	8	1:55	32	5:30	26.20	2:28:17	5:39	24	28:36	132	48:38