



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Dittmann, Helmut

Club: Brockenlaufverein
Number: 312

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:29:52

Speed: 10.41 km/h
Running performance: 5:43 min/km

Rank in course/Total: 149 (of 529)

Rank in course/Men: 142 (of 447)

Best time in course: 1:39:39

Rank in category: 1(of 15)

Best time in the category: 2:29:52

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	17:58	5:26	1	-	136	8:21	3.30	17:58	5:26	1	-	136	8:21
Schlüsie	3.10	20:59	6:46	1	-	155	7:09	6.40	38:57	6:05	1	-	146	12:53
Hermannsklippe	2.60	17:58	6:54	1	-	174	6:17	9.00	56:55	6:19	1	-	139	19:05
Brocken	3.10	28:27	9:10	1	-	141	10:12	12.10	1:25:22	7:03	1	-	141	29:17
Eiserner Handwe	3.60	17:32	4:52	1	-	148	5:02	15.70	1:42:54	6:33	1	-	147	34:19
Schlüsie	4.10	16:52	4:06	1	-	127	4:28	19.80	1:59:46	6:02	1	-	140	38:45
Loddenke	3.10	14:24	4:38	1	-	167	4:04	22.90	2:14:10	5:51	1	-	143	42:49
Ilseburg/Markt	3.30	15:42	4:45	1	-	155	7:24	26.20	2:29:52	5:43	1	-	142	50:13