



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Mellies, Dirk

Club: Hamburg  
Number: 260

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:29:54

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

Rank in course/Total: 151 (of 529)

Rank in course/Men: 143 (of 447)

Best time in course: 1:39:39

Rank in category: 21(of 50)

Best time in the category: 1:56:54

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	17:45	5:22	18	3:41	123	8:08	3.30	17:45	5:22	18	3:41	123	8:08	
Schlüsie	3.10	21:03	6:47	20	5:10	164	7:13	6.40	38:48	6:03	18	8:51	136	12:44	
Hermannsklippe	2.60	18:19	7:02	29	4:43	203	6:38	9.00	57:07	6:20	20	13:34	145	19:17	
Brocken	3.10	29:09	9:24	25	8:12	168	10:54	12.10	1:26:16	7:07	22	21:46	156	30:11	
Eiserner Handwe	3.60	17:34	4:52	23	3:43	150	5:04	15.70	1:43:50	6:36	23	25:29	154	35:15	
Schlüsie	4.10	16:56	4:07	16	3:40	131	4:32	19.80	2:00:46	6:05	22	29:09	151	39:45	
Loddenke	3.10	14:00	4:30	21	2:22	138	3:40	22.90	2:14:46	5:53	22	31:21	149	43:25	
Ilseburg/Markt	3.30	15:08	4:35	16	2:12	112	6:50	26.20	2:29:54	5:43	21	33:00	143	50:15	