



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Döhmland, Frank

Club: Freizeitsportler
Number: 565

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:07

Speed: 10.32 km/h
Running performance: 5:46 min/km

Rank in course/Total: 162 (of 529)

Rank in course/Men: 154 (of 447)

Best time in course: 1:39:39

Rank in category: 28(of 75)

Best time in the category: 1:57:42

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	19:46	5:59	46	5:19	251	10:09	3.30	19:46	5:59	46	5:19	251	10:09
Schlüsie	3.10	20:24	6:34	21	4:34	120	6:34	6.40	40:10	6:16	33	9:53	182	14:06
Hermannsklippe	2.60	16:40	6:24	15	3:10	83	4:59	9.00	56:50	6:18	24	13:03	137	19:00
Brocken	3.10	25:20	8:10	8	4:04	46	7:05	12.10	1:22:10	6:47	17	17:07	99	26:05
Eiserner Handwe	3.60	18:49	5:13	41	5:20	230	6:19	15.70	1:40:59	6:25	23	22:27	120	32:24
Schlüsie	4.10	19:04	4:39	44	6:07	252	6:40	19.80	2:00:03	6:03	26	28:34	142	39:02
Loddenke	3.10	14:58	4:49	39	3:46	214	4:38	22.90	2:15:01	5:53	28	31:34	151	43:40
Ilseburg/Markt	3.30	16:06	4:52	38	3:26	183	7:48	26.20	2:31:07	5:46	28	33:25	154	51:28