



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Krüger, Marek

Club: Ilseburg  
Number: 504

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:31:18

Speed: 10.31 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 163 (of 529)

Rank in course/Men: 155 (of 447)

Best time in course: 1:39:39

Rank in category: 29(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.	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	17:57	5:26	24	3:30	134	8:20	3.30	17:57	5:26	24	3:30	134	8:20
Schlüsie	3.10	20:57	6:45	27	5:07	149	7:07	6.40	38:54	6:04	26	8:37	138	12:50
Hermannsklippe	2.60	18:16	7:01	34	4:46	198	6:35	9.00	57:10	6:21	29	13:23	153	19:20
Brocken	3.10	29:03	9:22	32	7:47	164	10:48	12.10	1:26:13	7:07	26	21:10	155	30:08
Eiserner Handwe	3.60	18:42	5:11	37	5:13	223	6:12	15.70	1:44:55	6:40	30	26:23	165	36:20
Schlüsie	4.10	17:29	4:15	28	4:32	166	5:05	19.80	2:02:24	6:10	29	30:55	165	41:23
Loddenke	3.10	13:29	4:20	19	2:17	96	3:09	22.90	2:15:53	5:56	29	32:26	158	44:32
Ilseburg/Markt	3.30	15:25	4:40	27	2:45	130	7:07	26.20	2:31:18	5:46	29	33:36	155	51:39