



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Berndt, Karsten**

Club: LG Deiringsen  
Number: 125

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:31:33

Speed: 10.29 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 167 (of 529)

Rank in course/Men: 157 (of 447)

Best time in course: 1:39:39

Rank in category: 29(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	19:42	5:58	49	5:05	241	10:05	3.30	19:42	5:58	49	5:05	241	10:05
Schlüsie	3.10	22:26	7:14	48	5:49	248	8:36	6.40	42:08	6:34	48	10:54	244	16:04
Hermannsklippe	2.60	17:14	6:37	27	2:59	122	5:33	9.00	59:22	6:35	42	13:53	213	21:32
Brocken	3.10	29:21	9:28	33	6:37	176	11:06	12.10	1:28:43	7:19	39	20:21	200	32:38
Eiserner Handwe	3.60	17:09	4:45	26	2:34	127	4:39	15.70	1:45:52	6:44	35	22:55	179	37:17
Schlüsie	4.10	16:28	4:00	22	2:37	106	4:04	19.80	2:02:20	6:10	30	25:32	163	41:19
Loddenke	3.10	13:20	4:18	19	2:20	84	3:00	22.90	2:15:40	5:55	29	27:52	155	44:19
Ilseburg/Markt	3.30	15:53	4:48	33	4:00	168	7:35	26.20	2:31:33	5:47	29	31:52	157	51:54