



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Rox, Andreas

Club: Ebersbach  
Number: 514

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:31:43

Speed: 10.28 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 170 (of 529)

Rank in course/Men: 161 (of 447)

Best time in course: 1:39:39

Rank in category: 12(of 58)

Best time in the category: 2:02:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	19:02	5:46	19	3:57	204	9:25	3.30	19:02	5:46	19	3:57	204	9:25
Schlüsie	3.10	21:34	6:57	13	4:44	196	7:44	6.40	40:36	6:20	15	8:41	197	14:32
Hermannsklippe	2.60	17:35	6:45	9	3:24	146	5:54	9.00	58:11	6:27	13	12:05	182	20:21
Brocken	3.10	27:08	8:45	6	4:24	99	8:53	12.10	1:25:19	7:03	11	16:29	139	29:14
Eiserner Handwe	3.60	19:02	5:17	22	4:11	246	6:32	15.70	1:44:21	6:38	12	20:40	156	35:46
Schlüsie	4.10	18:21	4:28	19	4:09	213	5:57	19.80	2:02:42	6:11	14	24:49	170	41:41
Loddenke	3.10	13:55	4:29	10	2:22	131	3:35	22.90	2:16:37	5:57	13	27:11	163	45:16
Ilseburg/Markt	3.30	15:06	4:34	7	2:02	109	6:48	26.20	2:31:43	5:47	12	29:13	161	52:04