



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sauerland, Michael

Club: Halberstadt
Number: 464

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:32:27

Speed: 10.23 km/h
Running performance: 5:49 min/km

Rank in course/Total: 173 (of 529)

Rank in course/Men: 164 (of 447)

Best time in course: 1:39:39

Rank in category: 13(of 58)

Best time in the category: 2:02:30

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	18:51	5:42	13	3:46	183	9:14	3.30	18:51	5:42	13	3:46	183	9:14
Schlüsie	3.10	21:07	6:48	11	4:17	168	7:17	6.40	39:58	6:14	13	8:03	179	13:54
Hermannsklippe	2.60	17:37	6:46	10	3:26	152	5:56	9.00	57:35	6:23	12	11:29	166	19:45
Brocken	3.10	29:25	9:29	18	6:41	181	11:10	12.10	1:27:00	7:11	15	18:10	164	30:55
Eiserner Handwe	3.60	18:02	5:00	13	3:11	174	5:32	15.70	1:45:02	6:41	16	21:21	168	36:27
Schlüsie	4.10	17:11	4:11	11	2:59	151	4:47	19.80	2:02:13	6:10	13	24:20	160	41:12
Loddenke	3.10	14:24	4:38	14	2:51	167	4:04	22.90	2:16:37	5:57	13	27:11	163	45:16
Ilseburg/Markt	3.30	15:50	4:47	13	2:46	163	7:32	26.20	2:32:27	5:49	13	29:57	164	52:48