



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Bheker, Heinrich

Club: sv-kollerbeck
Number: 562

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:32:55

Speed: 10.20 km/h
Running performance: 5:50 min/km

Rank in course/Total: 177 (of 529)

Rank in course/Men: 167 (of 447)

Best time in course: 1:39:39

Rank in category: 5(of 29)

Best time in the category: 2:22:45

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	19:40	5:57	7	2:36	237	10:03	3.30	19:40	5:57	7	2:36	237	10:03
Schlüsie	3.10	22:12	7:09	6	2:39	228	8:22	6.40	41:52	6:32	7	5:15	229	15:48
Hermannsklippe	2.60	17:57	6:54	5	0:44	173	6:16	9.00	59:49	6:38	6	5:59	222	21:59
Brocken	3.10	28:38	9:14	4	1:33	148	10:23	12.10	1:28:27	7:18	5	7:02	192	32:22
Eiserner Handwe	3.60	16:52	4:41	3	0:27	109	4:22	15.70	1:45:19	6:42	5	6:45	173	36:44
Schlüsie	4.10	17:04	4:09	6	1:11	142	4:40	19.80	2:02:23	6:10	5	7:56	164	41:22
Loddenke	3.10	14:12	4:34	4	1:05	154	3:52	22.90	2:16:35	5:57	5	8:51	161	45:14
Ilseburg/Markt	3.30	16:20	4:56	4	1:31	197	8:02	26.20	2:32:55	5:50	5	10:10	167	53:16