



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Peuschel, Thomas

Club: TG Wehlheiden Kassel
Number: 230

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:32:56

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

Rank in course/Total: 179 (of 529)

Rank in course/Men: 169 (of 447)

Best time in course: 1:39:39

Rank in category: 30(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:53	5:43	33	4:26	187	9:16	3.30	18:53	5:43	33	4:26	187	9:16
Schlüsie	3.10	21:28	6:55	35	5:38	189	7:38	6.40	40:21	6:18	34	10:04	188	14:17
Hermannsklippe	2.60	18:20	7:03	37	4:50	206	6:39	9.00	58:41	6:31	34	14:54	194	20:51
Brocken	3.10	28:46	9:16	30	7:30	152	10:31	12.10	1:27:27	7:13	32	22:24	174	31:22
Eiserner Handwe	3.60	17:25	4:50	25	3:56	137	4:55	15.70	1:44:52	6:40	29	26:20	164	36:17
Schlüsie	4.10	18:17	4:27	38	5:20	210	5:53	19.80	2:03:09	6:13	30	31:40	174	42:08
Loddenke	3.10	14:11	4:34	30	2:59	152	3:51	22.90	2:17:20	5:59	30	33:53	172	45:59
Ilseburg/Markt	3.30	15:36	4:43	31	2:56	148	7:18	26.20	2:32:56	5:50	30	35:14	169	53:17