



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kieckbusch, Bernd

Club: Wurster Nordseeküste
Number: 135

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:32:55

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

Rank in course/Total: 178 (of 529)

Rank in course/Men: 167 (of 447)

Best time in course: 1:39:39

Rank in category: 26(of 50)

Best time in the category: 1:56:54

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	17:32	5:18	15	3:28	107	7:55	3.30	17:32	5:18	15	3:28	107	7:55
Schlüsie	3.10	19:38	6:19	14	3:45	93	5:48	6.40	37:10	5:48	14	7:13	99	11:06
Hermannsklippe	2.60	17:26	6:42	20	3:50	134	5:45	9.00	54:36	6:03	15	11:03	104	16:46
Brocken	3.10	29:24	9:29	26	8:27	179	11:09	12.10	1:24:00	6:56	17	19:30	124	27:55
Eiserner Handwe	3.60	18:35	5:09	31	4:44	216	6:05	15.70	1:42:35	6:32	19	24:14	141	34:00
Schlüsie	4.10	19:15	4:41	34	5:59	265	6:51	19.80	2:01:50	6:09	23	30:13	158	40:49
Loddenke	3.10	14:55	4:48	31	3:17	212	4:35	22.90	2:16:45	5:58	25	33:20	166	45:24
Ilseburg/Markt	3.30	16:10	4:53	28	3:14	187	7:52	26.20	2:32:55	5:50	26	36:01	167	53:16