



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Hintzsche, Ekkehard

Club: Ostseebad Kühlungsborn
Number: 70

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:33:30

Speed: 10.16 km/h
Running performance: 5:52 min/km

Rank in course/Total: 184 (of 529)

Rank in course/Men: 174 (of 447)

Best time in course: 1:39:39

Rank in category: 31(of 85)

Best time in the category: 1:59:41

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	17:41	5:21	23	3:04	113	8:04	3.30	17:41	5:21	23	3:04	113	8:04
Schlüsie	3.10	20:58	6:45	28	4:21	153	7:08	6.40	38:39	6:02	24	7:25	134	12:35
Hermannsklippe	2.60	18:25	7:05	38	4:10	211	6:44	9.00	57:04	6:20	27	11:35	142	19:14
Brocken	3.10	30:09	9:43	37	7:25	205	11:54	12.10	1:27:13	7:12	30	18:51	168	31:08
Eiserner Handwe	3.60	17:06	4:45	24	2:31	121	4:36	15.70	1:44:19	6:38	29	21:22	155	35:44
Schlüsie	4.10	17:00	4:08	27	3:09	132	4:36	19.80	2:01:19	6:07	28	24:31	155	40:18
Loddenke	3.10	15:17	4:55	45	4:17	243	4:57	22.90	2:16:36	5:57	30	28:48	162	45:15
Ilseburg/Markt	3.30	16:54	5:07	45	5:01	237	8:36	26.20	2:33:30	5:51	31	33:49	174	53:51