



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Klusmann, Dirk

Club: Lüder  
Number: 405

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:33:49

Speed: 10.14 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 187 (of 529)

Rank in course/Men: 177 (of 447)

Best time in course: 1:39:39

Rank in category: 33(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	19:16	5:50	40	4:49	212	9:39	3.30	19:16	5:50	40	4:49	212	9:39
Schlüsie	3.10	21:52	7:03	39	6:02	214	8:02	6.40	41:08	6:25	38	10:51	213	15:04
Hermannsklippe	2.60	18:58	7:17	47	5:28	249	7:17	9.00	1:00:06	6:40	44	16:19	231	22:16
Brocken	3.10	31:09	10:02	48	9:53	242	12:54	12.10	1:31:15	7:32	47	26:12	240	35:10
Eiserner Handwe	3.60	17:06	4:45	23	3:37	121	4:36	15.70	1:48:21	6:54	41	29:49	215	39:46
Schlüsie	4.10	16:51	4:06	21	3:54	124	4:27	19.80	2:05:12	6:19	36	33:43	199	44:11
Loddenke	3.10	13:56	4:29	26	2:44	133	3:36	22.90	2:19:08	6:04	34	35:41	190	47:47
Ilseburg/Markt	3.30	14:41	4:26	18	2:01	78	6:23	26.20	2:33:49	5:52	33	36:07	177	54:10