



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Bardehle, Lutz

Club: VfB Salzkotten
Number: 396

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:34:27

Speed: 10.10 km/h
Running performance: 5:54 min/km

Rank in course/Total: 192 (of 529)

Rank in course/Men: 182 (of 447)

Best time in course: 1:39:39

Rank in category: 32(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	18:57	5:44	40	4:20	192	9:20	3.30	18:57	5:44	40	4:20	192	9:20
Schlüsie	3.10	21:06	6:48	30	4:29	167	7:16	6.40	40:03	6:15	37	8:49	181	13:59
Hermannsklippe	2.60	18:02	6:56	35	3:47	182	6:21	9.00	58:05	6:27	32	12:36	178	20:15
Brocken	3.10	29:06	9:23	30	6:22	167	10:51	12.10	1:27:11	7:12	29	18:49	167	31:06
Eiserner Handwe	3.60	18:13	5:03	40	3:38	188	5:43	15.70	1:45:24	6:42	32	22:27	175	36:49
Schlüsie	4.10	17:48	4:20	37	3:57	188	5:24	19.80	2:03:12	6:13	33	26:24	175	42:11
Loddenke	3.10	14:53	4:48	41	3:53	205	4:33	22.90	2:18:05	6:01	34	30:17	179	46:44
Ilseburg/Markt	3.30	16:22	4:57	41	4:29	200	8:04	26.20	2:34:27	5:53	32	34:46	182	54:48