



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Mock, Ralf

Club: TuS Hasede
Number: 430

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:34:58

Speed: 10.07 km/h
Running performance: 5:55 min/km

Rank in course/Total: 200 (of 529)

Rank in course/Men: 189 (of 447)

Best time in course: 1:39:39

Rank in category: 16(of 58)

Best time in the category: 2:02:30

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	19:50	6:00	27	4:45	257	10:13	3.30	19:50	6:00	27	4:45	257	10:13
Schlüsie	3.10	21:57	7:04	19	5:07	215	8:07	6.40	41:47	6:31	20	9:52	226	15:43
Hermannsklippe	2.60	17:24	6:41	8	3:13	132	5:43	9.00	59:11	6:34	19	13:05	205	21:21
Brocken	3.10	27:13	8:46	7	4:29	104	8:58	12.10	1:26:24	7:08	14	17:34	157	30:19
Eiserner Handwe	3.60	18:13	5:03	15	3:22	188	5:43	15.70	1:44:37	6:39	13	20:56	159	36:02
Schlüsie	4.10	18:17	4:27	18	4:05	210	5:53	19.80	2:02:54	6:12	15	25:01	173	41:53
Loddenke	3.10	15:13	4:54	25	3:40	235	4:53	22.90	2:18:07	6:01	16	28:41	180	46:46
Ilseburg/Markt	3.30	16:51	5:06	26	3:47	232	8:33	26.20	2:34:58	5:54	16	32:28	189	55:19