



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Rohlfing, Holger

Club: PSV Holzminden  
Number: 351

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:35:03

Speed: 10.06 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 201 (of 529)

Rank in course/Men: 190 (of 447)

Best time in course: 1:39:39

Rank in category: 33(of 59)

Best time in the category: 1:54:51

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	19:38	5:56	43	5:38	233	10:01	3.30	19:38	5:56	43	5:38	233	10:01
Schlüsie	3.10	21:09	6:49	37	5:00	170	7:19	6.40	40:47	6:22	40	10:38	205	14:43
Hermannsklippe	2.60	17:26	6:42	25	3:45	134	5:45	9.00	58:13	6:28	36	14:15	185	20:23
Brocken	3.10	30:25	9:48	36	9:59	214	12:10	12.10	1:28:38	7:19	36	23:27	197	32:33
Eiserner Handwe	3.60	16:49	4:40	21	3:28	106	4:19	15.70	1:45:27	6:42	33	26:55	176	36:52
Schlüsie	4.10	17:01	4:09	29	4:20	137	4:37	19.80	2:02:28	6:11	31	31:15	168	41:27
Loddenke	3.10	15:16	4:55	41	4:29	241	4:56	22.90	2:17:44	6:00	31	34:19	174	46:23
Ilseburg/Markt	3.30	17:19	5:14	42	5:11	261	9:01	26.20	2:35:03	5:55	33	40:12	190	55:24