



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Tietze, Heiko

Club: Berlin
Number: 433

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:35:35

Speed: 10.03 km/h
Running performance: 5:56 min/km

Rank in course/Total: 206 (of 529)

Rank in course/Men: 194 (of 447)

Best time in course: 1:39:39

Rank in category: 35(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	17:36	5:20	20	3:09	110	7:59	3.30	17:36	5:20	20	3:09	110	7:59
Schlüsie	3.10	20:51	6:43	26	5:01	140	7:01	6.40	38:27	6:00	24	8:10	129	12:23
Hermannsklippe	2.60	18:42	7:11	42	5:12	229	7:01	9.00	57:09	6:20	28	13:22	151	19:19
Brocken	3.10	30:48	9:56	44	9:32	228	12:33	12.10	1:27:57	7:16	33	22:54	182	31:52
Eiserner Handwe	3.60	18:50	5:13	43	5:21	232	6:20	15.70	1:46:47	6:48	36	28:15	190	38:12
Schlüsie	4.10	18:23	4:29	39	5:26	216	5:59	19.80	2:05:10	6:19	35	33:41	198	44:09
Loddenke	3.10	14:33	4:41	37	3:21	185	4:13	22.90	2:19:43	6:06	36	36:16	196	48:22
Ilseburg/Markt	3.30	15:52	4:48	35	3:12	166	7:34	26.20	2:35:35	5:56	35	37:53	194	55:56