



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Ehrenberg, Jörg

Club: SV Kyffhäuser  
Number: 3

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:35:54

Speed: 10.01 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 208 (of 529)

Rank in course/Men: 196 (of 447)

Best time in course: 1:39:39

Rank in category: 40(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	18:08	5:29	26	3:31	146	8:31	3.30	18:08	5:29	26	3:31	146	8:31
Schlüsie	3.10	21:35	6:57	38	4:58	198	7:45	6.40	39:43	6:12	30	8:29	161	13:39
Hermannsklippe	2.60	18:52	7:15	43	4:37	239	7:11	9.00	58:35	6:30	37	13:06	193	20:45
Brocken	3.10	30:39	9:53	43	7:55	224	12:24	12.10	1:29:14	7:22	40	20:52	207	33:09
Eiserner Handwe	3.60	18:20	5:05	41	3:45	198	5:50	15.70	1:47:34	6:51	40	24:37	203	38:59
Schlüsie	4.10	16:46	4:05	25	2:55	121	4:22	19.80	2:04:20	6:16	37	27:32	190	43:19
Loddenke	3.10	14:45	4:45	40	3:45	196	4:25	22.90	2:19:05	6:04	37	31:17	189	47:44
Ilseburg/Markt	3.30	16:49	5:05	44	4:56	226	8:31	26.20	2:35:54	5:57	40	36:13	196	56:15