



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Düwel, Karl-Josef

Club: Man Teou Renner Steinheim
Number: 447

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:36:13

Speed: 9.99 km/h
Running performance: 5:58 min/km

Rank in course/Total: 210 (of 529)

Rank in course/Men: 197 (of 447)

Best time in course: 1:39:39

Rank in category: 17(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	19:41	5:57	22	4:36	240	10:04	3.30	19:41	5:57	22	4:36	240	10:04
Schlüsie	3.10	22:15	7:10	21	5:25	234	8:25	6.40	41:56	6:33	21	10:01	234	15:52
Hermannsklippe	2.60	18:42	7:11	24	4:31	229	7:01	9.00	1:00:38	6:44	21	14:32	238	22:48
Brocken	3.10	31:24	10:07	26	8:40	254	13:09	12.10	1:32:02	7:36	24	23:12	249	35:57
Eiserner Handwe	3.60	18:02	5:00	13	3:11	174	5:32	15.70	1:50:04	7:00	21	26:23	234	41:29
Schlüsie	4.10	17:31	4:16	13	3:19	168	5:07	19.80	2:07:35	6:26	20	29:42	220	46:34
Loddenke	3.10	13:49	4:27	9	2:16	120	3:29	22.90	2:21:24	6:10	19	31:58	208	50:03
Ilseburg/Markt	3.30	14:49	4:29	5	1:45	85	6:31	26.20	2:36:13	5:57	17	33:43	197	56:34