



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Schmalz, Holger

Club: Brockenlaufverein
Number: 378

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:37:08

Speed: 9.93 km/h
Running performance: 6:00 min/km

Rank in course/Total: 214 (of 529)

Rank in course/Men: 201 (of 447)

Best time in course: 1:39:39

Rank in category: 19(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 | 18:59 | 5:45 | 17 | 3:54 | 199 | 9:22 | 3.30 | 18:59 | 5:45 | 17 | 3:54 | 199 | 9:22 |
| Schlüsie | 3.10 | 21:58 | 7:05 | 20 | 5:08 | 216 | 8:08 | 6.40 | 40:57 | 6:23 | 19 | 9:02 | 208 | 14:53 |
| Hermannsklippe | 2.60 | 18:38 | 7:09 | 23 | 4:27 | 224 | 6:57 | 9.00 | 59:35 | 6:37 | 20 | 13:29 | 220 | 21:45 |
| Brocken | 3.10 | 29:15 | 9:26 | 16 | 6:31 | 172 | 11:00 | 12.10 | 1:28:50 | 7:20 | 17 | 20:00 | 201 | 32:45 |
| Eiserner Handwe | 3.60 | 18:16 | 5:04 | 17 | 3:25 | 193 | 5:46 | 15.70 | 1:47:06 | 6:49 | 17 | 23:25 | 198 | 38:31 |
| Schlüsie | 4.10 | 18:16 | 4:27 | 17 | 4:04 | 209 | 5:52 | 19.80 | 2:05:22 | 6:19 | 18 | 27:29 | 200 | 44:21 |
| Loddenke | 3.10 | 14:59 | 4:49 | 17 | 3:26 | 217 | 4:39 | 22.90 | 2:20:21 | 6:07 | 18 | 30:55 | 199 | 49:00 |
| Ilseburg/Markt | 3.30 | 16:47 | 5:05 | 24 | 3:43 | 223 | 8:29 | 26.20 | 2:37:08 | 5:59 | 19 | 34:38 | 201 | 57:29 |