



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Krakow, Manfred

Club: LG Henneberg Perleberg  
Number: 189

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:37:24

Speed: 9.91 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 215 (of 529)

Rank in course/Men: 202 (of 447)

Best time in course: 1:39:39

Rank in category: 6(of 29)

Best time in the category: 2:22:45

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	17:50	5:24	3	0:46	127	8:13	3.30	17:50	5:24	3	0:46	127	8:13
Schlüsie	3.10	21:46	7:01	5	2:13	207	7:56	6.40	39:36	6:11	5	2:59	157	13:32
Hermannsklippe	2.60	19:05	7:20	8	1:52	253	7:24	9.00	58:41	6:31	5	4:51	194	20:51
Brocken	3.10	32:16	10:24	16	5:11	295	14:01	12.10	1:30:57	7:30	6	9:32	236	34:52
Eiserner Handwe	3.60	17:56	4:58	6	1:31	171	5:26	15.70	1:48:53	6:56	6	10:19	221	40:18
Schlüsie	4.10	17:03	4:09	5	1:10	141	4:39	19.80	2:05:56	6:21	6	11:29	206	44:55
Loddenke	3.10	14:28	4:40	5	1:21	178	4:08	22.90	2:20:24	6:07	6	12:40	200	49:03
Ilseburg/Markt	3.30	17:00	5:09	8	2:11	243	8:42	26.20	2:37:24	6:00	6	14:39	202	57:45