



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Braemer, Lars

Club: TV Jahn Walsrode
Number: 539

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:37:53

Speed: 9.88 km/h
Running performance: 6:02 min/km

Rank in course/Total: 219 (of 529)

Rank in course/Men: 206 (of 447)

Best time in course: 1:39:39

Rank in category: 37(of 59)

Best time in the category: 1:54:51

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	km				
Loddenke	3.30	17:59	5:26	27	3:59	137	8:22	3.30	17:59	5:26	27	3:59	137	8:22
Schlüsie	3.10	20:56	6:45	33	4:47	146	7:06	6.40	38:55	6:04	28	8:46	143	12:51
Hermannsklippe	2.60	18:30	7:06	41	4:49	216	6:49	9.00	57:25	6:22	32	13:27	160	19:35
Brocken	3.10	31:33	10:10	45	11:07	265	13:18	12.10	1:28:58	7:21	38	23:47	203	32:53
Eiserner Handwe	3.60	18:50	5:13	40	5:29	232	6:20	15.70	1:47:48	6:51	38	29:16	206	39:13
Schlüsie	4.10	18:43	4:33	38	6:02	234	6:19	19.80	2:06:31	6:23	37	35:18	214	45:30
Loddenke	3.10	14:50	4:47	34	4:03	199	4:30	22.90	2:21:21	6:10	36	37:56	207	50:00
Ilseburg/Markt	3.30	16:32	5:00	34	4:24	209	8:14	26.20	2:37:53	6:01	37	43:02	206	58:14