



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ochmann, Thomas

Club: Hm Tievgauteu
Number: 503

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:37:57

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

Rank in course/Total: 222 (of 529)

Rank in course/Men: 208 (of 447)

Best time in course: 1:39:39

Rank in category: 37(of 75)

Best time in the category: 1:57:42

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	19:00	5:45	36	4:33	202	9:23	3.30	19:00	5:45	36	4:33	202	9:23
Schlüsie	3.10	22:14	7:10	44	6:24	233	8:24	6.40	41:14	6:26	39	10:57	218	15:10
Hermannsklippe	2.60	19:20	7:26	50	5:50	265	7:39	9.00	1:00:34	6:43	46	16:47	237	22:44
Brocken	3.10	32:46	10:34	57	11:30	310	14:31	12.10	1:33:20	7:42	52	28:17	263	37:15
Eiserner Handwe	3.60	18:17	5:04	31	4:48	195	5:47	15.70	1:51:37	7:06	48	33:05	249	43:02
Schlüsie	4.10	17:19	4:13	26	4:22	158	4:55	19.80	2:08:56	6:30	44	37:27	232	47:55
Loddenke	3.10	13:47	4:26	21	2:35	115	3:27	22.90	2:22:43	6:13	40	39:16	218	51:22
Ilseburg/Markt	3.30	15:14	4:36	24	2:34	119	6:56	26.20	2:37:57	6:01	37	40:15	208	58:18