



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lenz, Michael

Club: Berlin
Number: 538

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:38:05

Speed: 9.87 km/h
Running performance: 6:02 min/km

Rank in course/Total: 226 (of 529)

Rank in course/Men: 211 (of 447)

Best time in course: 1:39:39

Rank in category: 38(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	19:54	6:01	50	5:27	264	10:17	3.30	19:54	6:01	50	5:27	264	10:17
Schlüsie	3.10	22:01	7:06	40	6:11	219	8:11	6.40	41:55	6:32	44	11:38	232	15:51
Hermannsklippe	2.60	17:36	6:46	25	4:06	150	5:55	9.00	59:31	6:36	39	15:44	218	21:41
Brocken	3.10	30:08	9:43	39	8:52	204	11:53	12.10	1:29:39	7:24	42	24:36	213	33:34
Eiserner Handwe	3.60	18:44	5:12	38	5:15	225	6:14	15.70	1:48:23	6:54	42	29:51	216	39:48
Schlüsie	4.10	18:05	4:24	36	5:08	203	5:41	19.80	2:06:28	6:23	39	34:59	212	45:27
Loddenke	3.10	15:15	4:55	41	4:03	238	4:55	22.90	2:21:43	6:11	39	38:16	211	50:22
Ilseburg/Markt	3.30	16:22	4:57	42	3:42	200	8:04	26.20	2:38:05	6:02	38	40:23	211	58:26