



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Gastmann, Andreas

Club: TuS Bothfeld 04  
Number: 231

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:38:27

Speed: 9.85 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 228 (of 529)

Rank in course/Men: 213 (of 447)

Best time in course: 1:39:39

Rank in category: 39(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	18:29	5:36	30	4:02	163	8:52	3.30	18:29	5:36	30	4:02	163	8:52
Schlüsie	3.10	21:14	6:50	33	5:24	177	7:24	6.40	39:43	6:12	29	9:26	161	13:39
Hermannsklippe	2.60	17:47	6:50	28	4:17	165	6:06	9.00	57:30	6:23	31	13:43	162	19:40
Brocken	3.10	29:46	9:36	36	8:30	192	11:31	12.10	1:27:16	7:12	31	22:13	170	31:11
Eiserner Handwe	3.60	18:51	5:14	44	5:22	235	6:21	15.70	1:46:07	6:45	33	27:35	182	37:32
Schlüsie	4.10	19:52	4:50	51	6:55	292	7:28	19.80	2:05:59	6:21	38	34:30	207	44:58
Loddenke	3.10	15:32	5:00	46	4:20	262	5:12	22.90	2:21:31	6:10	38	38:04	209	50:10
Ilseburg/Markt	3.30	16:56	5:07	46	4:16	239	8:38	26.20	2:38:27	6:02	39	40:45	213	58:48