



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Flammer, Frank

Club: Hannover
Number: 392

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:39:30

Speed: 9.78 km/h
Running performance: 6:05 min/km

Rank in course/Total: 237 (of 529)

Rank in course/Men: 218 (of 447)

Best time in course: 1:39:39

Rank in category: 40(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	20:17	6:08	53	5:50	287	10:40	3.30	20:17	6:08	53	5:50	287	10:40
Schlüsie	3.10	22:41	7:19	50	6:51	259	8:51	6.40	42:58	6:42	53	12:41	268	16:54
Hermannsklippe	2.60	18:18	7:02	35	4:48	201	6:37	9.00	1:01:16	6:48	50	17:29	250	23:26
Brocken	3.10	27:02	8:43	19	5:46	92	8:47	12.10	1:28:18	7:17	37	23:15	188	32:13
Eiserner Handwe	3.60	19:46	5:29	51	6:17	269	7:16	15.70	1:48:04	6:52	38	29:32	209	39:29
Schlüsie	4.10	20:58	5:06	61	8:01	338	8:34	19.80	2:09:02	6:31	45	37:33	234	48:01
Loddenke	3.10	14:55	4:48	38	3:43	212	4:35	22.90	2:23:57	6:17	44	40:30	226	52:36
Ilseburg/Markt	3.30	15:33	4:42	30	2:53	145	7:15	26.20	2:39:30	6:05	40	41:48	218	59:51