



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Wedde, Thomas

Club: Ilseburg  
Number: 533

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:39:39

Speed: 9.77 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 238 (of 529)

Rank in course/Men: 219 (of 447)

Best time in course: 1:39:39

Rank in category: 41(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	18:59	5:45	35	4:32	199	9:22	3.30	18:59	5:45	35	4:32	199	9:22
Schlüsie	3.10	22:15	7:10	45	6:25	234	8:25	6.40	41:14	6:26	39	10:57	218	15:10
Hermannsklippe	2.60	18:56	7:16	46	5:26	244	7:15	9.00	1:00:10	6:41	45	16:23	232	22:20
Brocken	3.10	30:45	9:55	43	9:29	226	12:30	12.10	1:30:55	7:30	46	25:52	235	34:50
Eiserner Handwe	3.60	18:45	5:12	39	5:16	227	6:15	15.70	1:49:40	6:59	45	31:08	232	41:05
Schlüsie	4.10	18:02	4:23	35	5:05	199	5:38	19.80	2:07:42	6:26	41	36:13	223	46:41
Loddenke	3.10	15:31	5:00	45	4:19	260	5:11	22.90	2:23:13	6:15	43	39:46	222	51:52
Ilseburg/Markt	3.30	16:26	4:58	43	3:46	202	8:08	26.20	2:39:39	6:05	41	41:57	219	1:00:00