



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Niemeier, Frank

Club: SV Kollerbeck
Number: 162

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:39:45

Speed: 9.77 km/h
Running performance: 6:06 min/km

Rank in course/Total: 240 (of 529)

Rank in course/Men: 220 (of 447)

Best time in course: 1:39:39

Rank in category: 42(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:46	5:59	46	5:19	251	10:09	3.30	19:46	5:59	46	5:19	251	10:09
Schlüsie	3.10	22:26	7:14	49	6:36	248	8:36	6.40	42:12	6:35	49	11:55	246	16:08
Hermannsklippe	2.60	17:41	6:48	27	4:11	158	6:00	9.00	59:53	6:39	40	16:06	223	22:03
Brocken	3.10	28:46	9:16	30	7:30	152	10:31	12.10	1:28:39	7:19	39	23:36	198	32:34
Eiserner Handwe	3.60	17:57	4:59	27	4:28	172	5:27	15.70	1:46:36	6:47	35	28:04	188	38:01
Schlüsie	4.10	18:27	4:30	42	5:30	224	6:03	19.80	2:05:03	6:18	34	33:34	196	44:02
Loddenke	3.10	15:29	4:59	44	4:17	257	5:09	22.90	2:20:32	6:08	37	37:05	201	49:11
Ilseburg/Markt	3.30	19:13	5:49	58	6:33	340	10:55	26.20	2:39:45	6:05	42	42:03	220	1:00:06