



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |