



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Drüke, Harald

Club: SV-Brenkhausen/Bosseborn
Number: 25

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:41:42

Speed: 9.65 km/h
Running performance: 6:10 min/km

Rank in course/Total: 255 (of 529)

Rank in course/Men: 230 (of 447)

Best time in course: 1:39:39

Rank in category: 45(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	18:58	5:44	34	4:31	195	9:21	3.30	18:58	5:44	34	4:31	195	9:21
Schlüsie	3.10	22:41	7:19	50	6:51	259	8:51	6.40	41:39	6:30	42	11:22	224	15:35
Hermannsklippe	2.60	20:07	7:44	61	6:37	313	8:26	9.00	1:01:46	6:51	54	17:59	264	23:56
Brocken	3.10	34:24	11:05	63	13:08	345	16:09	12.10	1:36:10	7:56	56	31:07	292	40:05
Eiserner Handwe	3.60	18:13	5:03	30	4:44	188	5:43	15.70	1:54:23	7:17	53	35:51	274	45:48
Schlüsie	4.10	17:31	4:16	30	4:34	168	5:07	19.80	2:11:54	6:39	52	40:25	264	50:53
Loddenke	3.10	14:26	4:39	34	3:14	173	4:06	22.90	2:26:20	6:23	48	42:53	247	54:59
Ilseburg/Markt	3.30	15:22	4:39	26	2:42	125	7:04	26.20	2:41:42	6:10	45	44:00	230	1:02:03