



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Liebau, Holger

Club: Sömmerdaer Gipfelstürmer  
Number: 457

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:42:29

Speed: 9.60 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 265 (of 529)

Rank in course/Men: 240 (of 447)

Best time in course: 1:39:39

Rank in category: 34(of 50)

Best time in the category: 1:56:54

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	17:59	5:26	20	3:55	137	8:22	3.30	17:59	5:26	20	3:55	137	8:22
Schlüsie	3.10	21:16	6:51	23	5:23	181	7:26	6.40	39:15	6:07	21	9:18	149	13:11
Hermannsklippe	2.60	19:16	7:24	35	5:40	263	7:35	9.00	58:31	6:30	24	14:58	191	20:41
Brocken	3.10	32:37	10:31	40	11:40	305	14:22	12.10	1:31:08	7:31	31	26:38	239	35:03
Eiserner Handwe	3.60	19:02	5:17	33	5:11	246	6:32	15.70	1:50:10	7:01	31	31:49	237	41:35
Schlüsie	4.10	19:20	4:42	35	6:04	267	6:56	19.80	2:09:30	6:32	32	37:53	236	48:29
Loddenke	3.10	16:04	5:10	38	4:26	292	5:44	22.90	2:25:34	6:21	34	42:09	240	54:13
Ilseburg/Markt	3.30	16:55	5:07	33	3:59	238	8:37	26.20	2:42:29	6:12	34	45:35	240	1:02:50