



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Noltekuhlmann, Uwe

Club: TV Lemgo
Number: 107

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:42:24

Speed: 9.61 km/h
Running performance: 6:12 min/km

Rank in course/Total: 264 (of 529)

Rank in course/Men: 239 (of 447)

Best time in course: 1:39:39

Rank in category: 22(of 58)

Best time in the category: 2:02:30

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	19:45	5:59	23	4:40	247	10:08	3.30	19:45	5:59	23	4:40	247	10:08
Schlüsie	3.10	22:32	7:16	24	5:42	255	8:42	6.40	42:17	6:36	24	10:22	250	16:13
Hermannsklippe	2.60	19:23	7:27	30	5:12	269	7:42	9.00	1:01:40	6:51	27	15:34	260	23:50
Brocken	3.10	31:31	10:09	30	8:47	263	13:16	12.10	1:33:11	7:42	28	24:21	260	37:06
Eiserner Handwe	3.60	18:59	5:16	20	4:08	238	6:29	15.70	1:52:10	7:08	27	28:29	255	43:35
Schlüsie	4.10	18:01	4:23	15	3:49	198	5:37	19.80	2:10:11	6:34	22	32:18	240	49:10
Loddenke	3.10	14:29	4:40	15	2:56	179	4:09	22.90	2:24:40	6:19	21	35:14	232	53:19
Ilseburg/Markt	3.30	17:44	5:22	31	4:40	280	9:26	26.20	2:42:24	6:11	22	39:54	239	1:02:45