



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Berkmann, Thomas

Club: Running Riot Hannover
Number: 489

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:42:42

Speed: 9.59 km/h
Running performance: 6:13 min/km

Rank in course/Total: 267 (of 529)

Rank in course/Men: 242 (of 447)

Best time in course: 1:39:39

Rank in category: 47(of 75)

Best time in the category: 1:57:42

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	21:23	6:28	62	6:56	343	11:46	3.30	21:23	6:28	62	6:56	343	11:46
Schlüsie	3.10	22:11	7:09	42	6:21	226	8:21	6.40	43:34	6:48	57	13:17	287	17:30
Hermannsklippe	2.60	19:39	7:33	54	6:09	282	7:58	9.00	1:03:13	7:01	56	19:26	281	25:23
Brocken	3.10	32:32	10:29	55	11:16	303	14:17	12.10	1:35:45	7:54	54	30:42	288	39:40
Eiserner Handwe	3.60	19:24	5:23	47	5:55	254	6:54	15.70	1:55:09	7:20	54	36:37	280	46:34
Schlüsie	4.10	17:30	4:16	29	4:33	167	5:06	19.80	2:12:39	6:41	54	41:10	272	51:38
Loddenke	3.10	14:24	4:38	32	3:12	167	4:04	22.90	2:27:03	6:25	50	43:36	256	55:42
Ilseburg/Markt	3.30	15:39	4:44	32	2:59	152	7:21	26.20	2:42:42	6:12	47	45:00	242	1:03:03