



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Jensen, Ib

Club: Kolding Motion  
Number: 12

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:43:04

Speed: 9.57 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 271 (of 529)

Rank in course/Men: 246 (of 447)

Best time in course: 1:39:39

Rank in category: 25(of 58)

Best time in the category: 2:02:30

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	19:58	6:03	31	4:53	272	10:21	3.30	19:58	6:03	31	4:53	272	10:21
Schlüsie	3.10	22:31	7:15	23	5:41	253	8:41	6.40	42:29	6:38	26	10:34	256	16:25
Hermannsklippe	2.60	20:09	7:44	36	5:58	316	8:28	9.00	1:02:38	6:57	29	16:32	273	24:48
Brocken	3.10	31:28	10:09	28	8:44	259	13:13	12.10	1:34:06	7:46	30	25:16	269	38:01
Eiserner Handwe	3.60	19:00	5:16	21	4:09	241	6:30	15.70	1:53:06	7:12	29	29:25	263	44:31
Schlüsie	4.10	18:04	4:24	16	3:52	200	5:40	19.80	2:11:10	6:37	26	33:17	252	50:09
Loddenke	3.10	15:19	4:56	29	3:46	248	4:59	22.90	2:26:29	6:23	25	37:03	249	55:08
Ilseburg/Markt	3.30	16:35	5:01	20	3:31	214	8:17	26.20	2:43:04	6:13	25	40:34	246	1:03:25