



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Fricke, Tobias

Club: Wolfenbüttel  
Number: 120

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:44:25

Speed: 9.49 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 283 (of 529)

Rank in course/Men: 258 (of 447)

Best time in course: 1:39:39

Rank in category: 51(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	19:37	5:56	42	5:10	230	10:00	3.30	19:37	5:56	42	5:10	230	10:00
Schlüsie	3.10	22:46	7:20	52	6:56	262	8:56	6.40	42:23	6:37	51	12:06	251	16:19
Hermannsklippe	2.60	18:50	7:14	44	5:20	237	7:09	9.00	1:01:13	6:48	49	17:26	249	23:23
Brocken	3.10	29:03	9:22	32	7:47	164	10:48	12.10	1:30:16	7:27	43	25:13	218	34:11
Eiserner Handwe	3.60	20:47	5:46	60	7:18	319	8:17	15.70	1:51:03	7:04	47	32:31	243	42:28
Schlüsie	4.10	19:55	4:51	53	6:58	296	7:31	19.80	2:10:58	6:36	48	39:29	248	49:57
Loddenke	3.10	15:50	5:06	49	4:38	280	5:30	22.90	2:26:48	6:24	49	43:21	252	55:27
Ilseburg/Markt	3.30	17:37	5:20	51	4:57	274	9:19	26.20	2:44:25	6:16	51	46:43	258	1:04:46