



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Weingang, Stefan

Club: Dets friends  
Number: 241

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:45:04

Speed: 9.45 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 286 (of 529)

Rank in course/Men: 260 (of 447)

Best time in course: 1:39:39

Rank in category: 28(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	19:57	6:02	29	4:52	270	10:20	3.30	19:57	6:02	29	4:52	270	10:20
Schlüsie	3.10	23:20	7:31	31	6:30	285	9:30	6.40	43:17	6:45	32	11:22	278	17:13
Hermannsklippe	2.60	20:09	7:44	36	5:58	316	8:28	9.00	1:03:26	7:02	32	17:20	287	25:36
Brocken	3.10	31:40	10:12	32	8:56	271	13:25	12.10	1:35:06	7:51	33	26:16	281	39:01
Eiserner Handwe	3.60	19:34	5:26	26	4:43	257	7:04	15.70	1:54:40	7:18	30	30:59	276	46:05
Schlüsie	4.10	19:06	4:39	23	4:54	255	6:42	19.80	2:13:46	6:45	31	35:53	276	52:45
Loddenke	3.10	15:17	4:55	27	3:44	243	4:57	22.90	2:29:03	6:30	30	39:37	272	57:42
Ilseburg/Markt	3.30	16:01	4:51	14	2:57	174	7:43	26.20	2:45:04	6:18	28	42:34	260	1:05:25