



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Heller, Carsten

Club: Newsmaker
Number: 434

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:45:27

Speed: 9.43 km/h
Running performance: 6:19 min/km

Rank in course/Total: 289 (of 529)

Rank in course/Men: 262 (of 447)

Best time in course: 1:39:39

Rank in category: 49(of 85)

Best time in the category: 1:59:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:55	6:02	56	5:18	266	10:18	3.30	19:55	6:02	56	5:18	266	10:18
Schlüsie	3.10	21:22	6:53	34	4:45	183	7:32	6.40	41:17	6:27	42	10:03	221	15:13
Hermannsklippe	2.60	16:51	6:28	20	2:36	97	5:10	9.00	58:08	6:27	33	12:39	179	20:18
Brocken	3.10	30:28	9:49	41	7:44	217	12:13	12.10	1:28:36	7:19	38	20:14	195	32:31
Eiserner Handwe	3.60	22:30	6:15	73	7:55	377	10:00	15.70	1:51:06	7:04	47	28:09	244	42:31
Schlüsie	4.10	21:45	5:18	68	7:54	361	9:21	19.80	2:12:51	6:42	52	36:03	274	51:50
Loddenke	3.10	16:42	5:23	64	5:42	332	6:22	22.90	2:29:33	6:31	52	41:45	277	58:12
Ilseburg/Markt	3.30	15:54	4:49	34	4:01	170	7:36	26.20	2:45:27	6:18	49	45:46	262	1:05:48