



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Brüggensmeier, Horst

Club: Blomberger Nelkenläufer
Number: 222

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:45:36

Speed: 9.42 km/h
Running performance: 6:19 min/km

Rank in course/Total: 291 (of 529)

Rank in course/Men: 264 (of 447)

Best time in course: 1:39:39

Rank in category: 3(of 15)

Best time in the category: 2:29:52

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	19:29	5:54	4	1:31	224	9:52	3.30	19:29	5:54	4	1:31	224	9:52
Schlüsie	3.10	22:46	7:20	3	1:47	262	8:56	6.40	42:15	6:36	3	3:18	249	16:11
Hermannsklippe	2.60	19:39	7:33	3	1:41	282	7:58	9.00	1:01:54	6:52	3	4:59	266	24:04
Brocken	3.10	32:13	10:23	5	3:46	294	13:58	12.10	1:34:07	7:46	3	8:45	270	38:02
Eiserner Handwe	3.60	19:50	5:30	3	2:18	274	7:20	15.70	1:53:57	7:15	3	11:03	269	45:22
Schlüsie	4.10	20:20	4:57	5	3:28	318	7:56	19.80	2:14:17	6:46	3	14:31	278	53:16
Loddenke	3.10	15:03	4:51	2	0:39	221	4:43	22.90	2:29:20	6:31	3	15:10	275	57:59
Ilseburg/Markt	3.30	16:16	4:55	2	0:34	191	7:58	26.20	2:45:36	6:19	3	15:44	264	1:05:57