



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Franke, Uwe

Club: Sport Trend Ultralaufteam
Number: 214

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:45:42

Speed: 9.41 km/h
Running performance: 6:19 min/km

Rank in course/Total: 293 (of 529)

Rank in course/Men: 266 (of 447)

Best time in course: 1:39:39

Rank in category: 30(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	20:04	6:04	33	4:59	276	10:27	3.30	20:04	6:04	33	4:59	276	10:27
Schlüsie	3.10	22:50	7:21	28	6:00	267	9:00	6.40	42:54	6:42	28	10:59	264	16:50
Hermannsklippe	2.60	18:22	7:03	17	4:11	209	6:41	9.00	1:01:16	6:48	24	15:10	250	23:26
Brocken	3.10	29:22	9:28	17	6:38	178	11:07	12.10	1:30:38	7:29	22	21:48	228	34:33
Eiserner Handwe	3.60	20:04	5:34	33	5:13	291	7:34	15.70	1:50:42	7:03	22	27:01	239	42:07
Schlüsie	4.10	20:28	4:59	38	6:16	323	8:04	19.80	2:11:10	6:37	26	33:17	252	50:09
Loddenke	3.10	16:30	5:19	37	4:57	321	6:10	22.90	2:27:40	6:26	28	38:14	261	56:19
Ilseburg/Markt	3.30	18:02	5:27	36	4:58	301	9:44	26.20	2:45:42	6:19	30	43:12	266	1:06:03