



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Westerhaus, Christian

Club: Frankfurt am Main  
Number: 130

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:46:17

Speed: 9.38 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 298 (of 529)

Rank in course/Men: 271 (of 447)

Best time in course: 1:39:39

Rank in category: 31(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.	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	21:21	6:28	44	6:16	341	11:44	3.30	21:21	6:28	44	6:16	341	11:44
Schlüsie	3.10	23:28	7:34	33	6:38	289	9:38	6.40	44:49	7:00	38	12:54	318	18:45
Hermannsklippe	2.60	19:06	7:20	29	4:55	254	7:25	9.00	1:03:55	7:06	34	17:49	292	26:05
Brocken	3.10	30:49	9:56	22	8:05	230	12:34	12.10	1:34:44	7:49	32	25:54	277	38:39
Eiserner Handwe	3.60	20:32	5:42	36	5:41	313	8:02	15.70	1:55:16	7:20	32	31:35	281	46:41
Schlüsie	4.10	19:50	4:50	29	5:38	290	7:26	19.80	2:15:06	6:49	32	37:13	283	54:05
Loddenke	3.10	15:08	4:52	19	3:35	225	4:48	22.90	2:30:14	6:33	32	40:48	280	58:53
Ilseburg/Markt	3.30	16:03	4:51	15	2:59	179	7:45	26.20	2:46:17	6:20	31	43:47	271	1:06:38