



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Beie, Rainer

Club: SV Kyffhäuser
Number: 325

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:47:02

Speed: 9.34 km/h
Running performance: 6:23 min/km

Rank in course/Total: 302 (of 529)

Rank in course/Men: 274 (of 447)

Best time in course: 1:39:39

Rank in category: 32(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	20:32	6:13	37	5:27	300	10:55	3.30	20:32	6:13	37	5:27	300	10:55
Schlüsie	3.10	23:51	7:41	35	7:01	307	10:01	6.40	44:23	6:56	35	12:28	304	18:19
Hermannsklippe	2.60	19:44	7:35	33	5:33	291	8:03	9.00	1:04:07	7:07	35	18:01	297	26:17
Brocken	3.10	31:36	10:11	31	8:52	267	13:21	12.10	1:35:43	7:54	34	26:53	287	39:38
Eiserner Handwe	3.60	19:04	5:17	23	4:13	248	6:34	15.70	1:54:47	7:18	31	31:06	278	46:12
Schlüsie	4.10	18:34	4:31	20	4:22	227	6:10	19.80	2:13:21	6:44	30	35:28	275	52:20
Loddenke	3.10	15:43	5:04	31	4:10	268	5:23	22.90	2:29:04	6:30	31	39:38	273	57:43
Ilseburg/Markt	3.30	17:58	5:26	34	4:54	293	9:40	26.20	2:47:02	6:22	32	44:32	274	1:07:23