



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Thieme, Mike

Club: Braunschweig  
Number: 232

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:47:28

Speed: 9.32 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 306 (of 529)

Rank in course/Men: 277 (of 447)

Best time in course: 1:39:39

Rank in category: 53(of 75)

Best time in the category: 1:57:42

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	20:07	6:05	51	5:40	278	10:30	3.30	20:07	6:05	51	5:40	278	10:30
Schlüsie	3.10	23:01	7:25	57	7:11	274	9:11	6.40	43:08	6:44	54	12:51	271	17:04
Hermannsklippe	2.60	18:19	7:02	36	4:49	203	6:38	9.00	1:01:27	6:49	51	17:40	257	23:37
Brocken	3.10	31:48	10:15	52	10:32	279	13:33	12.10	1:33:15	7:42	51	28:12	262	37:10
Eiserner Handwe	3.60	18:56	5:15	45	5:27	236	6:26	15.70	1:52:11	7:08	50	33:39	256	43:36
Schlüsie	4.10	19:53	4:50	52	6:56	294	7:29	19.80	2:12:04	6:40	53	40:35	266	51:03
Loddenke	3.10	16:00	5:09	51	4:48	287	5:40	22.90	2:28:04	6:27	53	44:37	267	56:43
Ilseburg/Markt	3.30	19:24	5:52	62	6:44	349	11:06	26.20	2:47:28	6:23	53	49:46	277	1:07:49