



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Dettmar, Thomas

Club: T.D.M.-Laufteam Sarstedt
Number: 219

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:48:13

Speed: 9.27 km/h
Running performance: 6:25 min/km

Rank in course/Total: 309 (of 529)

Rank in course/Men: 280 (of 447)

Best time in course: 1:39:39

Rank in category: 54(of 85)

Best time in the category: 1:59:41

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	18:47	5:41	35	4:10	173	9:10	3.30	18:47	5:41	35	4:10	173	9:10
Schlüsie	3.10	23:13	7:29	54	6:36	280	9:23	6.40	42:00	6:33	46	10:46	237	15:56
Hermannsklippe	2.60	20:28	7:52	62	6:13	331	8:47	9.00	1:02:28	6:56	51	16:59	271	24:38
Brocken	3.10	34:21	11:04	64	11:37	344	16:06	12.10	1:36:49	8:00	58	28:27	301	40:44
Eiserner Handwe	3.60	17:21	4:49	29	2:46	135	4:51	15.70	1:54:10	7:16	50	31:13	270	45:35
Schlüsie	4.10	17:36	4:17	33	3:45	173	5:12	19.80	2:11:46	6:39	49	34:58	263	50:45
Loddenke	3.10	15:47	5:05	50	4:47	275	5:27	22.90	2:27:33	6:26	49	39:45	260	56:12
Ilseburg/Markt	3.30	20:40	6:15	74	8:47	384	12:22	26.20	2:48:13	6:25	54	48:32	280	1:08:34