



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Zennecke, Bernd

Club: Nordhausen  
Number: 314

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:48:30

Speed: 9.26 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 311 (of 529)

Rank in course/Men: 282 (of 447)

Best time in course: 1:39:39

Rank in category: 9(of 29)

Best time in the category: 2:22:45

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	20:44	6:16	12	3:40	312	11:07	3.30	20:44	6:16	12	3:40	312	11:07
Schlüsie	3.10	23:19	7:31	9	3:46	283	9:29	6.40	44:03	6:52	11	7:26	291	17:59
Hermannsklippe	2.60	19:35	7:31	9	2:22	277	7:54	9.00	1:03:38	7:04	10	9:48	288	25:48
Brocken	3.10	30:56	9:58	9	3:51	237	12:41	12.10	1:34:34	7:48	9	13:09	275	38:29
Eiserner Handwe	3.60	19:54	5:31	10	3:29	282	7:24	15.70	1:54:28	7:17	9	15:54	275	45:53
Schlüsie	4.10	19:59	4:52	13	4:06	300	7:35	19.80	2:14:27	6:47	9	20:00	280	53:26
Loddenke	3.10	16:56	5:27	17	3:49	340	6:36	22.90	2:31:23	6:36	9	23:39	282	1:00:02
Ilseburg/Markt	3.30	17:07	5:11	10	2:18	251	8:49	26.20	2:48:30	6:25	9	25:45	282	1:08:51