



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Aust, Frank

Club: Lauffeuer Fröttstädt
Number: 387

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:49:12

Speed: 9.22 km/h
Running performance: 6:28 min/km

Rank in course/Total: 316 (of 529)

Rank in course/Men: 286 (of 447)

Best time in course: 1:39:39

Rank in category: 55(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	20:26	6:11	55	5:59	293	10:49	3.30	20:26	6:11	55	5:59	293	10:49
Schlüsie	3.10	22:59	7:24	56	7:09	273	9:09	6.40	43:25	6:47	56	13:08	283	17:21
Hermannsklippe	2.60	18:39	7:10	41	5:09	225	6:58	9.00	1:02:04	6:53	55	18:17	269	24:14
Brocken	3.10	30:48	9:56	44	9:32	228	12:33	12.10	1:32:52	7:40	50	27:49	256	36:47
Eiserner Handwe	3.60	22:54	6:21	65	9:25	383	10:24	15.70	1:55:46	7:22	55	37:14	284	47:11
Schlüsie	4.10	21:39	5:16	63	8:42	358	9:15	19.80	2:17:25	6:56	57	45:56	300	56:24
Loddenke	3.10	16:16	5:14	55	5:04	305	5:56	22.90	2:33:41	6:42	57	50:14	298	1:02:20
Ilseburg/Markt	3.30	15:31	4:42	29	2:51	141	7:13	26.20	2:49:12	6:27	55	51:30	286	1:09:33