



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Janz, Hartmut

Club: Laufteam Meesenburg
Number: 454

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:50:52

Speed: 9.13 km/h
Running performance: 6:31 min/km

Rank in course/Total: 328 (of 529)

Rank in course/Men: 295 (of 447)

Best time in course: 1:39:39

Rank in category: 34(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.	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	21:08	6:24	43	6:03	333	11:31	3.30	21:08	6:24	43	6:03	333	11:31
Schlüsie	3.10	24:15	7:49	40	7:25	322	10:25	6.40	45:23	7:05	42	13:28	337	19:19
Hermannsklippe	2.60	20:40	7:56	41	6:29	337	8:59	9.00	1:06:03	7:20	42	19:57	334	28:13
Brocken	3.10	32:06	10:21	35	9:22	290	13:51	12.10	1:38:09	8:06	37	29:19	311	42:04
Eiserner Handwe	3.60	19:49	5:30	30	4:58	272	7:19	15.70	1:57:58	7:30	35	34:17	303	49:23
Schlüsie	4.10	19:14	4:41	26	5:02	264	6:50	19.80	2:17:12	6:55	35	39:19	298	56:11
Loddenke	3.10	15:46	5:05	32	4:13	272	5:26	22.90	2:32:58	6:40	34	43:32	294	1:01:37
Ilseburg/Markt	3.30	17:54	5:25	32	4:50	286	9:36	26.20	2:50:52	6:31	34	48:22	295	1:11:13