



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Rohr, Michael

Club: Wernigerode  
Number: 21

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 2:52:00

Speed: 9.07 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 337 (of 529)

Rank in course/Men: 300 (of 447)

Best time in course: 1:39:39

Rank in category: 4(of 15)

Best time in the category: 2:29:52

| 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     | 22:08      | 6:42         | 8           | 4:10        | 375     | 12:31      | 3.30          | 22:08      | 6:42         | 8        | 4:10        | 375     | 12:31      |
| Schlüsie           | 3.10     | 24:01      | 7:44         | 5           | 3:02        | 314     | 10:11      | 6.40          | 46:09      | 7:12         | 6        | 7:12        | 351     | 20:05      |
| Hermannsklippe     | 2.60     | 20:03      | 7:42         | 4           | 2:05        | 305     | 8:22       | 9.00          | 1:06:12    | 7:21         | 5        | 9:17        | 336     | 28:22      |
| Brocken            | 3.10     | 30:12      | 9:44         | 2           | 1:45        | 207     | 11:57      | 12.10         | 1:36:24    | 7:58         | 4        | 11:02       | 295     | 40:19      |
| Eiserner Handwe    | 3.60     | 20:34      | 5:42         | 7           | 3:02        | 314     | 8:04       | 15.70         | 1:56:58    | 7:27         | 4        | 14:04       | 298     | 48:23      |
| Schlüsie           | 4.10     | 20:28      | 4:59         | 6           | 3:36        | 323     | 8:04       | 19.80         | 2:17:26    | 6:56         | 4        | 17:40       | 301     | 56:25      |
| Loddenke           | 3.10     | 16:30      | 5:19         | 4           | 2:06        | 321     | 6:10       | 22.90         | 2:33:56    | 6:43         | 4        | 19:46       | 300     | 1:02:35    |
| Ilseburg/Markt     | 3.30     | 18:04      | 5:28         | 5           | 2:22        | 302     | 9:46       | 26.20         | 2:52:00    | 6:33         | 4        | 22:08       | 300     | 1:12:21    |