



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Bechheim, Stefan

Club: Bremerhaven
Number: 134

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:52:18

Speed: 9.05 km/h
Running performance: 6:35 min/km

Rank in course/Total: 338 (of 529)

Rank in course/Men: 301 (of 447)

Best time in course: 1:39:39

Rank in category: 57(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	19:04	5:46	38	4:37	206	9:27	3.30	19:04	5:46	38	4:37	206	9:27
Schlüsie	3.10	22:58	7:24	55	7:08	272	9:08	6.40	42:02	6:34	47	11:45	240	15:58
Hermannsklippe	2.60	19:43	7:34	55	6:13	288	8:02	9.00	1:01:45	6:51	53	17:58	263	23:55
Brocken	3.10	35:08	11:19	64	13:52	359	16:53	12.10	1:36:53	8:00	57	31:50	302	40:48
Eiserner Handwe	3.60	19:53	5:31	52	6:24	279	7:23	15.70	1:56:46	7:26	57	38:14	296	48:11
Schlüsie	4.10	18:24	4:29	40	5:27	218	6:00	19.80	2:15:10	6:49	55	43:41	284	54:09
Loddenke	3.10	17:12	5:32	64	6:00	351	6:52	22.90	2:32:22	6:39	55	48:55	289	1:01:01
Ilseburg/Markt	3.30	19:56	6:02	67	7:16	365	11:38	26.20	2:52:18	6:34	57	54:36	301	1:12:39