



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kreipe-Hoffmann, Martin

Club: Lauftreff Ilse/Lahstedt
Number: 432

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:52:24

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

Rank in course/Total: 341 (of 529)

Rank in course/Men: 304 (of 447)

Best time in course: 1:39:39

Rank in category: 36(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:07	6:42	47	7:02	373	12:30	3.30	22:07	6:42	47	7:02	373	12:30
Schlüsie	3.10	24:03	7:45	38	7:13	316	10:13	6.40	46:10	7:12	45	14:15	354	20:06
Hermannsklippe	2.60	19:02	7:19	27	4:51	250	7:21	9.00	1:05:12	7:14	39	19:06	320	27:22
Brocken	3.10	31:49	10:15	34	9:05	280	13:34	12.10	1:37:01	8:01	35	28:11	304	40:56
Eiserner Handwe	3.60	21:47	6:03	43	6:56	357	9:17	15.70	1:58:48	7:34	37	35:07	314	50:13
Schlüsie	4.10	20:21	4:57	37	6:09	319	7:57	19.80	2:19:09	7:01	36	41:16	316	58:08
Loddenke	3.10	16:10	5:12	35	4:37	297	5:50	22.90	2:35:19	6:46	37	45:53	313	1:03:58
Ilseburg/Markt	3.30	17:05	5:10	29	4:01	249	8:47	26.20	2:52:24	6:34	36	49:54	304	1:12:45