



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Begemann, Horst

Club: TG Wehlheiden Kassel
Number: 386

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:52:36

Speed: 9.04 km/h
Running performance: 6:35 min/km

Rank in course/Total: 343 (of 529)

Rank in course/Men: 305 (of 447)

Best time in course: 1:39:39

Rank in category: 37(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	20:01	6:03	32	4:56	275	10:24	3.30	20:01	6:03	32	4:56	275	10:24
Schlüsie	3.10	22:37	7:17	26	5:47	258	8:47	6.40	42:38	6:39	27	10:43	262	16:34
Hermannsklippe	2.60	18:48	7:13	25	4:37	233	7:07	9.00	1:01:26	6:49	26	15:20	256	23:36
Brocken	3.10	32:18	10:25	36	9:34	296	14:03	12.10	1:33:44	7:44	29	24:54	265	37:39
Eiserner Handwe	3.60	21:45	6:02	42	6:54	356	9:15	15.70	1:55:29	7:21	33	31:48	282	46:54
Schlüsie	4.10	21:33	5:15	44	7:21	356	9:09	19.80	2:17:02	6:55	34	39:09	296	56:01
Loddenke	3.10	17:12	5:32	45	5:39	351	6:52	22.90	2:34:14	6:44	35	44:48	302	1:02:53
Ilseburg/Markt	3.30	18:22	5:33	40	5:18	315	10:04	26.20	2:52:36	6:35	37	50:06	305	1:12:57