



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Preuß, Michael

Club: TuS Ahnsen  
Number: 284

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:52:41

Speed: 9.03 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 344 (of 529)

Rank in course/Men: 306 (of 447)

Best time in course: 1:39:39

Rank in category: 58(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	20:32	6:13	57	6:05	300	10:55	3.30	20:32	6:13	57	6:05	300	10:55
Schlüsie	3.10	22:52	7:22	54	7:02	268	9:02	6.40	43:24	6:46	55	13:07	282	17:20
Hermannsklippe	2.60	20:01	7:41	58	6:31	304	8:20	9.00	1:03:25	7:02	57	19:38	286	25:35
Brocken	3.10	33:33	10:49	59	12:17	322	15:18	12.10	1:36:58	8:00	58	31:55	303	40:53
Eiserner Handwe	3.60	20:37	5:43	59	7:08	315	8:07	15.70	1:57:35	7:29	58	39:03	300	49:00
Schlüsie	4.10	19:44	4:48	50	6:47	287	7:20	19.80	2:17:19	6:56	56	45:50	299	56:18
Loddenke	3.10	15:48	5:05	48	4:36	277	5:28	22.90	2:33:07	6:41	56	49:40	296	1:01:46
Ilseburg/Markt	3.30	19:34	5:55	65	6:54	359	11:16	26.20	2:52:41	6:35	58	54:59	306	1:13:02