



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Clemens, Horst

Club: Lg endersborn
Number: 576

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M75 (75 und älter)

Total time: 2:52:55

Speed: 9.02 km/h
Running performance: 6:36 min/km

Rank in course/Total: 346 (of 529)

Rank in course/Men: 308 (of 447)

Best time in course: 1:39:39

Rank in category: 1(of 4)

Best time in the category: 2:52:55

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	22:10	6:43	2	0:29	377	12:33	3.30	22:10	6:43	2	0:29	377	12:33
Schlüsie	3.10	25:09	8:06	2	0:39	370	11:19	6.40	47:19	7:23	2	1:08	371	21:15
Hermannsklippe	2.60	21:18	8:11	2	1:03	357	9:37	9.00	1:08:37	7:37	2	2:11	370	30:47
Brocken	3.10	34:12	11:01	1	-	339	15:57	12.10	1:42:49	8:29	2	2:08	362	46:44
Eiserner Handwe	3.60	18:11	5:03	1	-	185	5:41	15.70	2:01:00	7:42	2	0:42	334	52:25
Schlüsie	4.10	17:34	4:17	1	-	172	5:10	19.80	2:18:34	6:59	1	-	309	57:33
Loddenke	3.10	15:47	5:05	2	0:03	275	5:27	22.90	2:34:21	6:44	1	-	303	1:03:00
Ilseburg/Markt	3.30	18:34	5:37	2	0:30	319	10:16	26.20	2:52:55	6:35	1	-	308	1:13:16