



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lippmann, Stefan

Club: Brockenlaufverein
Number: 376

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:52:58

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

Rank in course/Total: 347 (of 529)

Rank in course/Men: 309 (of 447)

Best time in course: 1:39:39

Rank in category: 59(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:33	6:50	70	8:06	391	12:56	3.30	22:33	6:50	70	8:06	391	12:56
Schlüsie	3.10	23:42	7:38	59	7:52	297	9:52	6.40	46:15	7:13	66	15:58	359	20:11
Hermannsklippe	2.60	20:05	7:43	59	6:35	308	8:24	9.00	1:06:20	7:22	62	22:33	338	28:30
Brocken	3.10	31:43	10:13	51	10:27	274	13:28	12.10	1:38:03	8:06	60	33:00	309	41:58
Eiserner Handwe	3.60	20:26	5:40	58	6:57	307	7:56	15.70	1:58:29	7:32	59	39:57	311	49:54
Schlüsie	4.10	20:09	4:54	58	7:12	309	7:45	19.80	2:18:38	7:00	60	47:09	310	57:37
Loddenke	3.10	16:19	5:15	56	5:07	309	5:59	22.90	2:34:57	6:45	60	51:30	310	1:03:36
Ilseburg/Markt	3.30	18:01	5:27	53	5:21	300	9:43	26.20	2:52:58	6:36	59	55:16	309	1:13:19