



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Zerbe, Friedmar

Club: LG Silbersee Leipzig
Number: 272

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M75 (75 und älter)

Total time: 2:53:29

Speed: 8.99 km/h
Running performance: 6:37 min/km

Rank in course/Total: 351 (of 529)

Rank in course/Men: 311 (of 447)

Best time in course: 1:39:39

Rank in category: 2(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	21:41	6:34	1	-	355	12:04	3.30	21:41	6:34	1	-	355	12:04
Schlüsie	3.10	24:30	7:54	1	-	339	10:40	6.40	46:11	7:12	1	-	355	20:07
Hermannsklippe	2.60	20:15	7:47	1	-	324	8:34	9.00	1:06:26	7:22	1	-	342	28:36
Brocken	3.10	34:15	11:02	2	0:03	340	16:00	12.10	1:40:41	8:19	1	-	342	44:36
Eiserner Handwe	3.60	19:37	5:26	2	1:26	262	7:07	15.70	2:00:18	7:39	1	-	330	51:43
Schlüsie	4.10	19:23	4:43	2	1:49	268	6:59	19.80	2:19:41	7:03	2	1:07	323	58:40
Loddenke	3.10	15:44	5:04	1	-	271	5:24	22.90	2:35:25	6:47	2	1:04	315	1:04:04
Ilseburg/Markt	3.30	18:04	5:28	1	-	302	9:46	26.20	2:53:29	6:37	2	0:34	311	1:13:50