



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lenzen, Michael

Club: Neues Land e.V.
Number: 148

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:54:13

Speed: 8.95 km/h
Running performance: 6:39 min/km

Rank in course/Total: 356 (of 529)

Rank in course/Men: 315 (of 447)

Best time in course: 1:39:39

Rank in category: 61(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	23:54	7:14	73	9:27	421	14:17	3.30	23:54	7:14	73	9:27	421	14:17
Schlüsie	3.10	25:26	8:12	68	9:36	377	11:36	6.40	49:20	7:42	70	19:03	401	23:16
Hermannsklippe	2.60	21:03	8:05	63	7:33	348	9:22	9.00	1:10:23	7:49	68	26:36	386	32:33
Brocken	3.10	31:01	10:00	46	9:45	238	12:46	12.10	1:41:24	8:22	63	36:21	353	45:19
Eiserner Handwe	3.60	20:06	5:35	55	6:37	292	7:36	15.70	2:01:30	7:44	62	42:58	342	52:55
Schlüsie	4.10	20:03	4:53	55	7:06	304	7:39	19.80	2:21:33	7:08	62	50:04	338	1:00:32
Loddenke	3.10	16:01	5:09	52	4:49	288	5:41	22.90	2:37:34	6:52	62	54:07	329	1:06:13
Ilseburg/Markt	3.30	16:39	5:02	44	3:59	219	8:21	26.20	2:54:13	6:38	61	56:31	315	1:14:34