



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lammers, Hans

Club: Osterburg
Number: 201

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 2:54:15

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

Rank in course/Total: 357 (of 529)

Rank in course/Men: 316 (of 447)

Best time in course: 1:39:39

Rank in category: 2(of 5)

Best time in the category: 2:46:37

| 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 | 21:49 | 6:36 | 2 | 1:41 | 359 | 12:12 | 3.30 | 21:49 | 6:36 | 2 | 1:41 | 359 | 12:12 |
| Schlüsie | 3.10 | 25:21 | 8:10 | 2 | 0:53 | 372 | 11:31 | 6.40 | 47:10 | 7:22 | 2 | 2:34 | 366 | 21:06 |
| Hermannsklippe | 2.60 | 21:35 | 8:18 | 2 | 1:42 | 368 | 9:54 | 9.00 | 1:08:45 | 7:38 | 2 | 4:16 | 372 | 30:55 |
| Brocken | 3.10 | 34:38 | 11:10 | 2 | 3:12 | 351 | 16:23 | 12.10 | 1:43:23 | 8:32 | 2 | 7:28 | 364 | 47:18 |
| Eiserner Handwe | 3.60 | 18:05 | 5:01 | 1 | - | 180 | 5:35 | 15.70 | 2:01:28 | 7:44 | 2 | 6:25 | 341 | 52:53 |
| Schlüsie | 4.10 | 17:24 | 4:14 | 1 | - | 161 | 5:00 | 19.80 | 2:18:52 | 7:00 | 2 | 4:38 | 312 | 57:51 |
| Loddenke | 3.10 | 15:55 | 5:08 | 4 | 1:04 | 285 | 5:35 | 22.90 | 2:34:47 | 6:45 | 2 | 5:15 | 308 | 1:03:26 |
| Ilseburg/Markt | 3.30 | 19:28 | 5:53 | 4 | 2:24 | 351 | 11:10 | 26.20 | 2:54:15 | 6:39 | 2 | 7:38 | 316 | 1:14:36 |