



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Stoisiek, Frank

Club: Aschersleben
Number: 205

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:55:55

Speed: 8.87 km/h
Running performance: 6:43 min/km

Rank in course/Total: 372 (of 529)

Rank in course/Men: 328 (of 447)

Best time in course: 1:39:39

Rank in category: 39(of 58)

Best time in the category: 2:02:30

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	20:12	6:07	34	5:07	281	10:35	3.30	20:12	6:07	34	5:07	281	10:35
Schlüsie	3.10	24:42	7:58	43	7:52	354	10:52	6.40	44:54	7:00	39	12:59	321	18:50
Hermannsklippe	2.60	20:35	7:54	39	6:24	335	8:54	9.00	1:05:29	7:16	40	19:23	325	27:39
Brocken	3.10	34:17	11:03	41	11:33	342	16:02	12.10	1:39:46	8:14	40	30:56	333	43:41
Eiserner Handwe	3.60	19:35	5:26	27	4:44	259	7:05	15.70	1:59:21	7:36	38	35:40	321	50:46
Schlüsie	4.10	20:13	4:55	35	6:01	313	7:49	19.80	2:19:34	7:02	37	41:41	322	58:33
Loddenke	3.10	16:59	5:28	43	5:26	343	6:39	22.90	2:36:33	6:50	38	47:07	321	1:05:12
Ilseburg/Markt	3.30	19:22	5:52	43	6:18	347	11:04	26.20	2:55:55	6:42	39	53:25	328	1:16:16