



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Heginger, Gerrit

Club: Eintracht Braunschweig
Number: 191

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:56:57

Speed: 8.82 km/h
Running performance: 6:45 min/km

Rank in course/Total: 380 (of 529)

Rank in course/Men: 334 (of 447)

Best time in course: 1:39:39

Rank in category: 5(of 15)

Best time in the category: 2:29:52

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	23:09	7:00	10	5:11	403	13:32	3.30	23:09	7:00	10	5:11	403	13:32
Schlüsie	3.10	26:43	8:37	10	5:44	408	12:53	6.40	49:52	7:47	9	10:55	408	23:48
Hermannsklippe	2.60	21:11	8:08	6	3:13	355	9:30	9.00	1:11:03	7:53	9	14:08	399	33:13
Brocken	3.10	31:53	10:17	4	3:26	282	13:38	12.10	1:42:56	8:30	8	17:34	363	46:51
Eiserner Handwe	3.60	19:51	5:30	4	2:19	276	7:21	15.70	2:02:47	7:49	8	19:53	355	54:12
Schlüsie	4.10	20:31	5:00	7	3:39	327	8:07	19.80	2:23:18	7:14	7	23:32	350	1:02:17
Loddenke	3.10	16:49	5:25	5	2:25	335	6:29	22.90	2:40:07	6:59	6	25:57	345	1:08:46
Ilseburg/Markt	3.30	16:50	5:06	3	1:08	230	8:32	26.20	2:56:57	6:45	5	27:05	334	1:17:18