



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Thater, Ralf

Club: LSF Oldenburg
Number: 103

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:56:52

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

Rank in course/Total: 379 (of 529)

Rank in course/Men: 333 (of 447)

Best time in course: 1:39:39

Rank in category: 40(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:33	6:13	38	5:28	303	10:56	3.30	20:33	6:13	38	5:28	303	10:56
Schlüsie	3.10	24:02	7:45	37	7:12	315	10:12	6.40	44:35	6:57	36	12:40	307	18:31
Hermannsklippe	2.60	20:05	7:43	35	5:54	308	8:24	9.00	1:04:40	7:11	37	18:34	307	26:50
Brocken	3.10	36:09	11:39	47	13:25	379	17:54	12.10	1:40:49	8:19	43	31:59	343	44:44
Eiserner Handwe	3.60	20:51	5:47	37	6:00	322	8:21	15.70	2:01:40	7:44	42	37:59	344	53:05
Schlüsie	4.10	20:34	5:00	40	6:22	328	8:10	19.80	2:22:14	7:11	43	44:21	345	1:01:13
Loddenke	3.10	16:40	5:22	39	5:07	328	6:20	22.90	2:38:54	6:56	42	49:28	340	1:07:33
Ilseburg/Markt	3.30	17:58	5:26	34	4:54	293	9:40	26.20	2:56:52	6:45	40	54:22	333	1:17:13