



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Bedemann, Torsten

Club: Ziltendorf  
Number: 429

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:57:15

Speed: 8.80 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 381 (of 529)

Rank in course/Men: 335 (of 447)

Best time in course: 1:39:39

Rank in category: 65(of 85)

Best time in the category: 1:59:41

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	21:01	6:22	67	6:24	323	11:24	3.30	21:01	6:22	67	6:24	323	11:24
Schlüsie	3.10	23:45	7:39	60	7:08	301	9:55	6.40	44:46	6:59	65	13:32	315	18:42
Hermannsklippe	2.60	21:07	8:07	68	6:52	350	9:26	9.00	1:05:53	7:19	70	20:24	331	28:03
Brocken	3.10	33:35	10:50	60	10:51	324	15:20	12.10	1:39:28	8:13	66	31:06	330	43:23
Eiserner Handwe	3.60	22:12	6:09	69	7:37	369	9:42	15.70	2:01:40	7:44	66	38:43	344	53:05
Schlüsie	4.10	21:16	5:11	66	7:25	352	8:52	19.80	2:22:56	7:13	67	46:08	349	1:01:55
Loddenke	3.10	16:22	5:16	58	5:22	313	6:02	22.90	2:39:18	6:57	66	51:30	342	1:07:57
Ilseburg/Markt	3.30	17:57	5:26	54	6:04	291	9:39	26.20	2:57:15	6:45	65	57:34	335	1:17:36