



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Schramm, Dieter

Club: TC - Wernigerode
Number: 398

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:58:30

Speed: 8.74 km/h
Running performance: 6:49 min/km

Rank in course/Total: 390 (of 529)

Rank in course/Men: 342 (of 447)

Best time in course: 1:39:39

Rank in category: 17(of 29)

Best time in the category: 2:22:45

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	21:04	6:23	15	4:00	330	11:27	3.30	21:04	6:23	15	4:00	330	11:27
Schlüsie	3.10	24:16	7:49	13	4:43	323	10:26	6.40	45:20	7:04	14	8:43	336	19:16
Hermannsklippe	2.60	20:04	7:43	13	2:51	306	8:23	9.00	1:05:24	7:16	14	11:34	323	27:34
Brocken	3.10	33:02	10:39	18	5:57	314	14:47	12.10	1:38:26	8:08	14	17:01	314	42:21
Eiserner Handwe	3.60	21:31	5:58	16	5:06	348	9:01	15.70	1:59:57	7:38	15	21:23	328	51:22
Schlüsie	4.10	21:02	5:07	17	5:09	342	8:38	19.80	2:20:59	7:07	16	26:32	333	59:58
Loddenke	3.10	17:15	5:33	18	4:08	354	6:55	22.90	2:38:14	6:54	17	30:30	332	1:06:53
Ilseburg/Markt	3.30	20:16	6:08	21	5:27	374	11:58	26.20	2:58:30	6:48	17	35:45	342	1:18:51