



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Arnhold, Gerd

Club: Rennsteiglaufverein
Number: 335

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:59:02

Speed: 8.71 km/h
Running performance: 6:50 min/km

Rank in course/Total: 394 (of 529)

Rank in course/Men: 346 (of 447)

Best time in course: 1:39:39

Rank in category: 43(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	21:05	6:23	42	6:00	331	11:28	3.30	21:05	6:23	42	6:00	331	11:28
Schlüsie	3.10	24:28	7:53	42	7:38	337	10:38	6.40	45:33	7:07	44	13:38	341	19:29
Hermannsklippe	2.60	20:54	8:02	42	6:43	344	9:13	9.00	1:06:27	7:23	43	20:21	343	28:37
Brocken	3.10	32:41	10:32	37	9:57	307	14:26	12.10	1:39:08	8:11	39	30:18	320	43:03
Eiserner Handwe	3.60	21:51	6:04	44	7:00	360	9:21	15.70	2:00:59	7:42	40	37:18	333	52:24
Schlüsie	4.10	20:28	4:59	38	6:16	323	8:04	19.80	2:21:27	7:08	39	43:34	336	1:00:26
Loddenke	3.10	17:10	5:32	44	5:37	349	6:50	22.90	2:38:37	6:55	41	49:11	335	1:07:16
Ilseburg/Markt	3.30	20:25	6:11	46	7:21	379	12:07	26.20	2:59:02	6:49	43	56:32	346	1:19:23