



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Kurowski, Uwe

Club: DAV

Number: 298

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:01:51

Speed: 8.58 km/h

Running performance: 6:56 min/km

Rank in course/Total: 406 (of 529)

Rank in course/Men: 357 (of 447)

Best time in course: 1:39:39

Rank in category: 44(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:30	6:30	45	6:25	349	11:53	3.30	21:30	6:30	45	6:25	349	11:53
Schlüsie	3.10	26:25	8:31	48	9:35	404	12:35	6.40	47:55	7:29	46	16:00	382	21:51
Hermannsklippe	2.60	21:24	8:13	45	7:13	363	9:43	9.00	1:09:19	7:42	46	23:13	375	31:29
Brocken	3.10	34:28	11:07	42	11:44	347	16:13	12.10	1:43:47	8:34	46	34:57	369	47:42
Eiserner Handwe	3.60	21:23	5:56	41	6:32	343	8:53	15.70	2:05:10	7:58	45	41:29	365	56:35
Schlüsie	4.10	21:57	5:21	45	7:45	368	9:33	19.80	2:27:07	7:25	45	49:14	369	1:06:06
Loddenke	3.10	16:40	5:22	39	5:07	328	6:20	22.90	2:43:47	7:09	45	54:21	359	1:12:26
Ilseburg/Markt	3.30	18:04	5:28	37	5:00	302	9:46	26.20	3:01:51	6:56	44	59:21	357	1:22:12