



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

van der Graaf, Henry

Club: Arnhem
Number: 458

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:07:31

Speed: 8.32 km/h
Running performance: 7:10 min/km

Rank in course/Total: 430 (of 529)

Rank in course/Men: 374 (of 447)

Best time in course: 1:39:39

Rank in category: 65(of 75)

Best time in the category: 1:57:42

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	21:25	6:29	63	6:58	344	11:48	3.30	21:25	6:29	63	6:58	344	11:48
Schlüsie	3.10	24:37	7:56	63	8:47	347	10:47	6.40	46:02	7:11	63	15:45	347	19:58
Hermannsklippe	2.60	21:38	8:19	65	8:08	370	9:57	9.00	1:07:40	7:31	63	23:53	356	29:50
Brocken	3.10	37:18	12:01	70	16:02	395	19:03	12.10	1:44:58	8:40	66	39:55	375	48:53
Eiserner Handwe	3.60	23:26	6:30	69	9:57	399	10:56	15.70	2:08:24	8:10	67	49:52	382	59:49
Schlüsie	4.10	22:34	5:30	67	9:37	381	10:10	19.80	2:30:58	7:37	65	59:29	377	1:09:57
Loddenke	3.10	17:20	5:35	66	6:08	356	7:00	22.90	2:48:18	7:20	66	1:04:51	373	1:16:57
Ilseburg/Markt	3.30	19:13	5:49	58	6:33	340	10:55	26.20	3:07:31	7:09	65	1:09:49	374	1:27:52