



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Nimmrichter, Reno

Club: GMRV
Number: 363

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:07:46

Speed: 8.31 km/h
Running performance: 7:10 min/km

Rank in course/Total: 432 (of 529)

Rank in course/Men: 376 (of 447)

Best time in course: 1:39:39

Rank in category: 67(of 75)

Best time in the category: 1:57:42

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	23:10	7:01	71	8:43	404	13:33	3.30	23:10	7:01	71	8:43	404	13:33
Schlüsie	3.10	26:18	8:29	71	10:28	402	12:28	6.40	49:28	7:43	71	19:11	403	23:24
Hermannsklippe	2.60	22:27	8:38	69	8:57	387	10:46	9.00	1:11:55	7:59	71	28:08	403	34:05
Brocken	3.10	34:18	11:03	62	13:02	343	16:03	12.10	1:46:13	8:46	70	41:10	386	50:08
Eiserner Handwe	3.60	22:06	6:08	63	8:37	366	9:36	15.70	2:08:19	8:10	66	49:47	379	59:44
Schlüsie	4.10	22:44	5:32	69	9:47	384	10:20	19.80	2:31:03	7:37	67	59:34	379	1:10:02
Loddenke	3.10	17:04	5:30	62	5:52	346	6:44	22.90	2:48:07	7:20	65	1:04:40	372	1:16:46
Ilseburg/Markt	3.30	19:39	5:57	66	6:59	362	11:21	26.20	3:07:46	7:10	67	1:10:04	376	1:28:07