



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Bieder, Michael**

Club: Rennsteiglaufverein  
Number: 360

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:08:06

Speed: 8.29 km/h  
Running performance: 7:11 min/km

Rank in course/Total: 434 (of 529)

Rank in course/Men: 378 (of 447)

Best time in course: 1:39:39

Rank in category: 68(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	22:04	6:41	66	7:37	370	12:27	3.30	22:04	6:41	66	7:37	370	12:27
Schlüsie	3.10	26:05	8:24	70	10:15	398	12:15	6.40	48:09	7:31	69	17:52	392	22:05
Hermannsklippe	2.60	21:24	8:13	64	7:54	363	9:43	9.00	1:09:33	7:43	66	25:46	378	31:43
Brocken	3.10	36:21	11:43	68	15:05	380	18:06	12.10	1:45:54	8:45	68	40:51	383	49:49
Eiserner Handwe	3.60	23:42	6:34	70	10:13	401	11:12	15.70	2:09:36	8:15	69	51:04	386	1:01:01
Schlüsie	4.10	22:30	5:29	66	9:33	379	10:06	19.80	2:32:06	7:40	68	1:00:37	382	1:11:05
Loddenke	3.10	16:58	5:28	61	5:46	342	6:38	22.90	2:49:04	7:22	68	1:05:37	377	1:17:43
Ilseburg/Markt	3.30	19:02	5:46	57	6:22	335	10:44	26.20	3:08:06	7:10	68	1:10:24	378	1:28:27