



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Sorensen, Bent

Club: Vester Skerninge  
Number: 17

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 3:11:58

Speed: 8.13 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 452 (of 529)

Rank in course/Men: 392 (of 447)

Best time in course: 1:39:39

Rank in category: 4(of 5)

Best time in the category: 2:46:37

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	27:37	8:22	5	7:29	444	18:00	3.30	27:37	8:22	5	7:29	444	18:00
Schlüsie	3.10	29:59	9:40	4	5:31	431	16:09	6.40	57:36	9:00	5	13:00	442	31:32
Hermannsklippe	2.60	23:43	9:07	4	3:50	411	12:02	9.00	1:21:19	9:02	4	16:50	437	43:29
Brocken	3.10	38:14	12:20	4	6:48	407	19:59	12.10	1:59:33	9:52	4	23:38	429	1:03:28
Eiserner Handwe	3.60	21:27	5:57	3	3:22	347	8:57	15.70	2:21:00	8:58	4	25:57	424	1:12:25
Schlüsie	4.10	18:41	4:33	2	1:17	233	6:17	19.80	2:39:41	8:03	4	25:27	412	1:18:40
Loddenke	3.10	14:51	4:47	1	-	200	4:31	22.90	2:54:32	7:37	4	25:00	396	1:23:11
Ilseburg/Markt	3.30	17:26	5:16	3	0:22	269	9:08	26.20	3:11:58	7:19	4	25:21	392	1:32:19