



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Meinert, Norbert

Club: Hamburg  
Number: 209

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 3:16:15

Speed: 7.95 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 462 (of 529)

Rank in course/Men: 399 (of 447)

Best time in course: 1:39:39

Rank in category: 10(of 15)

Best time in the category: 2:29:52

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	23:32	7:07	12	5:34	415	13:55	3.30	23:32	7:07	12	5:34	415	13:55
Schlüsie	3.10	26:39	8:35	9	5:40	407	12:49	6.40	50:11	7:50	10	11:14	411	24:07
Hermannsklippe	2.60	21:54	8:25	9	3:56	374	10:13	9.00	1:12:05	8:00	10	15:10	404	34:15
Brocken	3.10	38:05	12:17	12	9:38	405	19:50	12.10	1:50:10	9:06	10	24:48	403	54:05
Eiserner Handwe	3.60	23:07	6:25	10	5:35	390	10:37	15.70	2:13:17	8:29	10	30:23	401	1:04:42
Schlüsie	4.10	22:50	5:34	9	5:58	387	10:26	19.80	2:36:07	7:53	10	36:21	397	1:15:06
Loddenke	3.10	18:41	6:01	8	4:17	384	8:21	22.90	2:54:48	7:37	10	40:38	397	1:23:27
Ilseburg/Markt	3.30	21:27	6:30	8	5:45	391	13:09	26.20	3:16:15	7:29	10	46:23	399	1:36:36