



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Rohwedder, Dennis

Club: Drübeck
Number: 37

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:18:36

Speed: 7.85 km/h
Running performance: 7:35 min/km

Rank in course/Total: 469 (of 529)

Rank in course/Men: 405 (of 447)

Best time in course: 1:39:39

Rank in category: 72(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	23:27	7:06	72	9:00	412	13:50	3.30	23:27	7:06	72	9:00	412	13:50	
Schlüsie	3.10	27:11	8:46	72	11:21	413	13:21	6.40	50:38	7:54	73	20:21	413	24:34	
Hermannsklippe	2.60	23:43	9:07	71	10:13	411	12:02	9.00	1:14:21	8:15	72	30:34	413	36:31	
Brocken	3.10	37:38	12:08	73	16:22	402	19:23	12.10	1:51:59	9:15	72	46:56	414	55:54	
Eiserner Handwe	3.60	25:27	7:04	71	11:58	419	12:57	15.70	2:17:26	8:45	73	58:54	416	1:08:51	
Schlüsie	4.10	23:40	5:46	71	10:43	401	11:16	19.80	2:41:06	8:08	73	1:09:37	416	1:20:05	
Loddenke	3.10	17:59	5:48	69	6:47	370	7:39	22.90	2:59:05	7:49	72	1:15:38	409	1:27:44	
Ilseburg/Markt	3.30	19:31	5:54	64	6:51	356	11:13	26.20	3:18:36	7:34	72	1:20:54	405	1:38:57	