



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Laube, Frank-Peter

Club: Barsinghausen
Number: 459

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:22:06

Speed: 7.72 km/h
Running performance: 7:43 min/km

Rank in course/Total: 480 (of 529)

Rank in course/Men: 412 (of 447)

Best time in course: 1:39:39

Rank in category: 79(of 85)

Best time in the category: 1:59:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.			Men	Men				
Loddenke	3.30	21:17	6:26	72	6:40	340	11:40	3.30	21:17	6:26	72	6:40	340	11:40
Schlüsie	3.10	24:52	8:01	73	8:15	358	11:02	6.40	46:09	7:12	73	14:55	351	20:05
Hermannsklippe	2.60	24:19	9:21	80	10:04	421	12:38	9.00	1:10:28	7:49	74	24:59	391	32:38
Brocken	3.10	41:00	13:13	81	18:16	428	22:45	12.10	1:51:28	9:12	77	43:06	410	55:23
Eiserner Handwe	3.60	20:45	5:45	61	6:10	317	8:15	15.70	2:12:13	8:25	74	49:16	395	1:03:38
Schlüsie	4.10	22:18	5:26	73	8:27	373	9:54	19.80	2:34:31	7:48	76	57:43	393	1:13:30
Loddenke	3.10	22:28	7:14	78	11:28	420	12:08	22.90	2:56:59	7:43	78	1:09:11	403	1:25:38
Ilseburg/Markt	3.30	25:07	7:36	79	13:14	427	16:49	26.20	3:22:06	7:42	79	1:22:25	412	1:42:27