



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Spannaus, Hans

Club: Halle
Number: 5

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:29:30

Speed: 7.45 km/h
Running performance: 8:00 min/km

Rank in course/Total: 494 (of 529)

Rank in course/Men: 420 (of 447)

Best time in course: 1:39:39

Rank in category: 50(of 58)

Best time in the category: 2:02:30

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	22:43	6:53	48	7:38	396	13:06	3.30	22:43	6:53	48	7:38	396	13:06
Schlüsie	3.10	27:17	8:48	50	10:27	417	13:27	6.40	50:00	7:48	49	18:05	410	23:56
Hermannsklippe	2.60	24:35	9:27	52	10:24	426	12:54	9.00	1:14:35	8:17	50	28:29	416	36:45
Brocken	3.10	38:40	12:28	50	15:56	412	20:25	12.10	1:53:15	9:21	50	44:25	418	57:10
Eiserner Handwe	3.60	24:24	6:46	48	9:33	410	11:54	15.70	2:17:39	8:46	50	53:58	418	1:09:04
Schlüsie	4.10	28:10	6:52	51	13:58	430	15:46	19.80	2:45:49	8:22	50	1:07:56	423	1:24:48
Loddenke	3.10	19:54	6:25	49	8:21	402	9:34	22.90	3:05:43	8:06	50	1:16:17	419	1:34:22
Ilseburg/Markt	3.30	23:47	7:12	50	10:43	418	15:29	26.20	3:29:30	7:59	50	1:27:00	420	1:49:51