



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Plümmer, Andreas

Club: Goslar  
Number: 516

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:33:52

Speed: 7.29 km/h  
Running performance: 8:10 min/km

Rank in course/Total: 500 (of 529)

Rank in course/Men: 423 (of 447)

Best time in course: 1:39:39

Rank in category: 81(of 85)

Best time in the category: 1:59:41

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	22:58	6:57	78	8:21	399	13:21	3.30	22:58	6:57	78	8:21	399	13:21
Schlüsie	3.10	29:45	9:35	81	13:08	427	15:55	6.40	52:43	8:14	82	21:29	424	26:39
Hermannsklippe	2.60	24:36	9:27	81	10:21	427	12:55	9.00	1:17:19	8:35	81	31:50	425	39:29
Brocken	3.10	38:19	12:21	76	15:35	408	20:04	12.10	1:55:38	9:33	81	47:16	422	59:33
Eiserner Handwe	3.60	23:46	6:36	79	9:11	405	11:16	15.70	2:19:24	8:52	81	56:27	421	1:10:49
Schlüsie	4.10	25:20	6:10	80	11:29	417	12:56	19.80	2:44:44	8:19	81	1:07:56	422	1:23:43
Loddenke	3.10	23:20	7:31	79	12:20	427	13:00	22.90	3:08:04	8:12	81	1:20:16	421	1:36:43
Ilseburg/Markt	3.30	25:48	7:49	81	13:55	430	17:30	26.20	3:33:52	8:09	81	1:34:11	423	1:54:13