



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Zetzsche, Uwe

Club: Berlin  
Number: 352

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:44:16

Speed: 6.96 km/h  
Running performance: 8:34 min/km

Rank in course/Total: 513 (of 529)

Rank in course/Men: 434 (of 447)

Best time in course: 1:39:39

Rank in category: 52(of 58)

Best time in the category: 2:02:30

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	24:30	7:25	53	9:25	429	14:53	3.30	24:30	7:25	53	9:25	429	14:53
Schlüsie	3.10	29:46	9:36	52	12:56	428	15:56	6.40	54:16	8:28	53	22:21	431	28:12
Hermannsklippe	2.60	23:58	9:13	50	9:47	416	12:17	9.00	1:18:14	8:41	52	32:08	429	40:24
Brocken	3.10	43:08	13:54	55	20:24	439	24:53	12.10	2:01:22	10:01	52	52:32	434	1:05:17
Eiserner Handwe	3.60	30:25	8:26	53	15:34	440	17:55	15.70	2:31:47	9:40	53	1:08:06	438	1:23:12
Schlüsie	4.10	27:41	6:45	49	13:29	428	15:17	19.80	2:59:28	9:03	52	1:21:35	435	1:38:27
Loddenke	3.10	20:26	6:35	51	8:53	409	10:06	22.90	3:19:54	8:43	52	1:30:28	432	1:48:33
Ilseburg/Markt	3.30	24:22	7:23	51	11:18	422	16:04	26.20	3:44:16	8:33	52	1:41:46	434	2:04:37