



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Fähsing, Ralf

Club: Rennsteiglaufverein Magdeburg  
Number: 355

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 3:54:20

Speed: 6.66 km/h  
Running performance: 8:56 min/km

Rank in course/Total: 517 (of 529)

Rank in course/Men: 438 (of 447)

Best time in course: 1:39:39

Rank in category: 29(of 29)

Best time in the category: 2:22:45

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	25:07	7:36	27	8:03	434	15:30	3.30	25:07	7:36	27	8:03	434	15:30
Schlüsie	3.10	31:28	10:09	28	11:55	439	17:38	6.40	56:35	8:50	29	19:58	441	30:31
Hermannsklippe	2.60	28:55	11:07	29	11:42	444	17:14	9.00	1:25:30	9:30	29	31:40	442	47:40
Brocken	3.10	46:35	15:01	29	19:30	444	28:20	12.10	2:12:05	10:54	29	50:40	444	1:16:00
Eiserner Handwe	3.60	26:54	7:28	29	10:29	428	14:24	15.70	2:38:59	10:07	29	1:00:25	443	1:30:24
Schlüsie	4.10	26:23	6:26	29	10:30	424	13:59	19.80	3:05:22	9:21	29	1:10:55	441	1:44:21
Loddenke	3.10	23:12	7:29	26	10:05	424	12:52	22.90	3:28:34	9:06	28	1:20:50	437	1:57:13
Ilseburg/Markt	3.30	25:46	7:48	28	10:57	429	17:28	26.20	3:54:20	8:56	29	1:31:35	438	2:14:41