



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Munz, Jürgen

Club: Winnweiler  
Number: 497

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:59:01

Speed: 6.53 km/h  
Running performance: 9:07 min/km

Rank in course/Total: 520 (of 529)

Rank in course/Men: 441 (of 447)

Best time in course: 1:39:39

Rank in category: 53(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	27:35	8:21	56	12:30	443	17:58	3.30	27:35	8:21	56	12:30	443	17:58
Schlüsie	3.10	32:30	10:29	55	15:40	443	18:40	6.40	1:00:05	9:23	55	28:10	444	34:01
Hermannsklippe	2.60	27:18	10:30	53	13:07	441	15:37	9.00	1:27:23	9:42	55	41:17	444	49:33
Brocken	3.10	42:20	13:39	53	19:36	436	24:05	12.10	2:09:43	10:43	55	1:00:53	443	1:13:38
Eiserner Handwe	3.60	28:54	8:01	52	14:03	439	16:24	15.70	2:38:37	10:06	54	1:14:56	442	1:30:02
Schlüsie	4.10	28:50	7:01	52	14:38	433	16:26	19.80	3:07:27	9:28	54	1:29:34	442	1:46:26
Loddenke	3.10	24:40	7:57	53	13:07	435	14:20	22.90	3:32:07	9:15	54	1:42:41	440	2:00:46
Ilseburg/Markt	3.30	26:54	8:09	53	13:50	436	18:36	26.20	3:59:01	9:07	53	1:56:31	441	2:19:22