



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Wieczorek, Bernd

Club: Lauftreff salzgitter
Number: 595

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 4:10:21

Speed: 6.23 km/h
Running performance: 9:34 min/km

Rank in course/Total: 523 (of 529)

Rank in course/Men: 444 (of 447)

Best time in course: 1:39:39

Rank in category: 55(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	26:24	8:00	54	11:19	441	16:47	3.30	26:24	8:00	54	11:19	441	16:47	
Schlüsie	3.10	31:47	10:15	54	14:57	440	17:57	6.40	58:11	9:05	54	26:16	443	32:07	
Hermannsklippe	2.60	28:35	10:59	55	14:24	443	16:54	9.00	1:26:46	9:38	54	40:40	443	48:56	
Brocken	3.10	41:25	13:21	52	18:41	432	23:10	12.10	2:08:11	10:35	54	59:21	442	1:12:06	
Eiserner Handwe	3.60	35:05	9:44	56	20:14	445	22:35	15.70	2:43:16	10:23	55	1:19:35	444	1:34:41	
Schlüsie	4.10	33:04	8:03	55	18:52	444	20:40	19.80	3:16:20	9:54	55	1:38:27	444	1:55:19	
Loddenke	3.10	25:54	8:21	54	14:21	439	15:34	22.90	3:42:14	9:42	55	1:52:48	442	2:10:53	
Ilseburg/Markt	3.30	28:07	8:31	54	15:03	440	19:49	26.20	4:10:21	9:33	55	2:07:51	444	2:30:42	