



46. Brockenlauf Ilseburg / 03.09.2016

Detailed evaluation

Krause, Karl-heinz

Club: Erst laufen dann saufen
Number: 558

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 28:19:10

Speed: 0.93 km/h
Running performance: 64:51 min/km

Rank in course/Total: 527 (of 529)

Rank in course/Men: 446 (of 447)

Best time in course: 1:39:39

Rank in category: 57(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	26:26	8:00	55	11:21	442	16:49	3.30	26:26	8:00	55	11:21	442	16:49
Schlüsle	3.10	34:31	11:08	57	17:41	445	20:41	6.40	1:00:57	9:31	56	29:02	445	34:53
Hermannsklippe	2.60	30:06	11:34	57	15:55	446	18:25	9.00	1:31:03	10:07	57	44:57	446	53:13
Brocken	3.10	53:22	17:12	56	30:38	445	35:07	12.10	2:24:25	11:56	57	1:15:35	446	1:28:20
Eiserner Handwe	3.60	32:30	9:01	55	17:39	443	20:00	15.70	2:56:55	11:16	56	1:33:14	445	1:48:20
Schlüsle	4.10	27:48	6:46	50	13:36	429	15:24	19.80	3:24:43	10:20	56	1:46:50	445	2:03:42
Loddenke	3.10	21:02:21	407:12	57	20:50:48	444	20:52:01	22.90	24:27:04	64:03	57	22:37:38	444	22:55:43
Ilseburg/Markt	3.30	3:52:06	70:19	57	3:39:02	446	3:43:48	26.20	28:19:10	64:51	57	26:16:40	446	26:39:31