



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Neumann, Christian

Club: TriAs Hildesheim
Number: 419

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:55:33

Speed: 13.50 km/h
Running performance: 4:25 min/km

Rank in course/Total: 5 (of 529)

Rank in course/Men: 5 (of 447)

Best time in course: 1:39:39

Rank in category: 2(of 59)

Best time in the category: 1:54:51

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	15:15	4:37	3	1:15	20	5:38	3.30	15:15	4:37	3	1:15	20	5:38
Schlüsie	3.10	16:41	5:22	3	0:32	15	2:51	6.40	31:56	4:59	3	1:47	18	5:52
Hermannsklippe	2.60	13:52	5:19	2	0:11	9	2:11	9.00	45:48	5:05	3	1:50	15	7:58
Brocken	3.10	20:26	6:35	1	-	4	2:11	12.10	1:06:14	5:28	2	1:03	8	10:09
Eiserner Handwe	3.60	13:21	3:42	1	-	3	0:51	15.70	1:19:35	5:04	2	1:03	8	11:00
Schlüsie	4.10	13:03	3:10	2	0:22	6	0:39	19.80	1:32:38	4:40	2	1:25	8	11:37
Loddenke	3.10	10:47	3:28	1	-	3	0:27	22.90	1:43:25	4:30	1	-	5	12:04
Ilseburg/Markt	3.30	12:08	3:40	1	-	4	3:50	26.20	1:55:33	4:24	2	0:42	5	15:54