



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Holland, Marcel

Club: WSV Benneckenstein
Number: 471

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:56:54

Speed: 13.34 km/h
Running performance: 4:28 min/km

Rank in course/Total: 7 (of 529)

Rank in course/Men: 7 (of 447)

Best time in course: 1:39:39

Rank in category: 1(of 50)

Best time in the category: 1:56:54

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	14:04	4:15	1	-	6	4:27	3.30	14:04	4:15	1	-	6	4:27
Schlüsie	3.10	15:53	5:07	1	-	4	2:03	6.40	29:57	4:40	1	-	5	3:53
Hermannsklippe	2.60	13:36	5:13	1	-	5	1:55	9.00	43:33	4:50	1	-	5	5:43
Brocken	3.10	20:57	6:45	1	-	6	2:42	12.10	1:04:30	5:19	1	-	4	8:25
Eiserner Handwe	3.60	13:51	3:50	1	-	6	1:21	15.70	1:18:21	4:59	1	-	4	9:46
Schlüsie	4.10	13:16	3:14	1	-	8	0:52	19.80	1:31:37	4:37	1	-	6	10:36
Loddenke	3.10	11:48	3:48	2	0:10	17	1:28	22.90	1:43:25	4:30	1	-	5	12:04
Ilseburg/Markt	3.30	13:29	4:05	3	0:33	24	5:11	26.20	1:56:54	4:27	1	-	7	17:15