



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Gaede, Christian

Club: MTK Bad Harzburg Triathlon  
Number: 400

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:02:21

Speed: 12.75 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 16 (of 529)

Rank in course/Men: 16 (of 447)

Best time in course: 1:39:39

Rank in category: 3(of 30)

Best time in the category: 1:39:39

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	15:16	4:37	5	5:39	21	5:39	3.30	15:16	4:37	5	5:39	21	5:39
Schlüsie	3.10	16:53	5:26	4	0:59	17	3:03	6.40	32:09	5:01	5	6:00	19	6:05
Hermannsklippe	2.60	14:31	5:34	4	2:50	17	2:50	9.00	46:40	5:11	4	8:50	18	8:50
Brocken	3.10	22:35	7:17	4	4:20	16	4:20	12.10	1:09:15	5:43	4	13:10	18	13:10
Eiserner Handwe	3.60	14:34	4:02	5	2:04	15	2:04	15.70	1:23:49	5:20	4	15:14	18	15:14
Schlüsie	4.10	13:57	3:24	3	1:31	13	1:33	19.80	1:37:46	4:56	4	16:45	17	16:45
Loddenke	3.10	11:37	3:44	3	1:17	12	1:17	22.90	1:49:23	4:46	3	18:02	15	18:02
Ilseburg/Markt	3.30	12:58	3:55	3	4:40	14	4:40	26.20	2:02:21	4:40	3	22:42	16	22:42