



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Makarinas, Robert

Club: Nordhausen  
Number: 28

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:05:04

Speed: 12.47 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 19 (of 529)

Rank in course/Men: 19 (of 447)

Best time in course: 1:39:39

Rank in category: 4(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	14:35	4:25	3	4:58	13	4:58	3.30	14:35	4:25	3	4:58	13	4:58
Schlüsie	3.10	16:22	5:16	2	0:28	9	2:32	6.40	30:57	4:50	3	4:48	12	4:53
Hermannsklippe	2.60	13:56	5:21	3	2:15	10	2:15	9.00	44:53	4:59	3	7:03	11	7:03
Brocken	3.10	22:00	7:05	3	3:45	12	3:45	12.10	1:06:53	5:31	3	10:48	11	10:48
Eiserner Handwe	3.60	14:26	4:00	2	1:56	10	1:56	15.70	1:21:19	5:10	3	12:44	11	12:44
Schlüsie	4.10	14:31	3:32	5	2:05	25	2:07	19.80	1:35:50	4:50	3	14:49	12	14:49
Loddenke	3.10	13:46	4:26	13	3:26	114	3:26	22.90	1:49:36	4:47	4	18:15	17	18:15
Ilseburg/Markt	3.30	15:28	4:41	13	7:10	136	7:10	26.20	2:05:04	4:46	4	25:25	19	25:25