



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Jahn, Uwe

Club: Eilenburg
Number: 156

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:05:10

Speed: 12.46 km/h
Running performance: 4:47 min/km

Rank in course/Total: 20 (of 529)

Rank in course/Men: 20 (of 447)

Best time in course: 1:39:39

Rank in category: 3(of 75)

Best time in the category: 1:57:42

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	15:50	4:47	4	1:23	32	6:13	3.30	15:50	4:47	4	1:23	32	6:13
Schlüsie	3.10	18:05	5:49	4	2:15	31	4:15	6.40	33:55	5:17	4	3:38	29	7:51
Hermannsklippe	2.60	15:32	5:58	5	2:02	33	3:51	9.00	49:27	5:29	4	5:40	30	11:37
Brocken	3.10	23:16	7:30	4	2:00	22	5:01	12.10	1:12:43	6:00	3	7:40	26	16:38
Eiserner Handwe	3.60	14:22	3:59	2	0:53	8	1:52	15.70	1:27:05	5:32	3	8:33	24	18:30
Schlüsie	4.10	13:37	3:19	2	0:40	9	1:13	19.80	1:40:42	5:05	3	9:13	24	19:41
Loddenke	3.10	11:39	3:45	2	0:27	16	1:19	22.90	1:52:21	4:54	3	8:54	21	21:00
Ilseburg/Markt	3.30	12:49	3:53	2	0:09	9	4:31	26.20	2:05:10	4:46	3	7:28	20	25:31