



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Knauer, Daniel

Club: Brockenlaufverein
Number: 417

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:05:47

Speed: 12.40 km/h
Running performance: 4:48 min/km

Rank in course/Total: 21 (of 529)

Rank in course/Men: 21 (of 447)

Best time in course: 1:39:39

Rank in category: 3(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	14:21	4:20	3	0:17	10	4:44	3.30	14:21	4:20	3	0:17	10	4:44
Schlüsie	3.10	16:53	5:26	3	1:00	17	3:03	6.40	31:14	4:52	3	1:17	13	5:10
Hermannsklippe	2.60	15:07	5:48	3	1:31	24	3:26	9.00	46:21	5:09	3	2:48	17	8:31
Brocken	3.10	23:40	7:38	4	2:43	25	5:25	12.10	1:10:01	5:47	3	5:31	20	13:56
Eiserner Handwe	3.60	14:58	4:09	3	1:07	28	2:28	15.70	1:24:59	5:24	3	6:38	19	16:24
Schlüsie	4.10	14:26	3:31	3	1:10	21	2:02	19.80	1:39:25	5:01	3	7:48	20	18:24
Loddenke	3.10	12:21	3:59	3	0:43	26	2:01	22.90	1:51:46	4:52	3	8:21	19	20:25
Ilseburg/Markt	3.30	14:01	4:14	4	1:05	41	5:43	26.20	2:05:47	4:48	3	8:53	21	26:08