



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lehniger, Tino

Club: Tangermünde
Number: 393

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:06:20

Speed: 12.35 km/h
Running performance: 4:49 min/km

Rank in course/Total: 23 (of 529)

Rank in course/Men: 23 (of 447)

Best time in course: 1:39:39

Rank in category: 5(of 59)

Best time in the category: 1:54:51

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	16:01	4:51	9	2:01	41	6:24	3.30	16:01	4:51	9	2:01	41	6:24
Schlüsie	3.10	17:38	5:41	5	1:29	24	3:48	6.40	33:39	5:15	5	3:30	25	7:35
Hermannsklippe	2.60	14:37	5:37	5	0:56	19	2:56	9.00	48:16	5:21	5	4:18	23	10:26
Brocken	3.10	22:20	7:12	4	1:54	14	4:05	12.10	1:10:36	5:50	5	5:25	23	14:31
Eiserner Handwe	3.60	14:39	4:04	5	1:18	19	2:09	15.70	1:25:15	5:25	5	6:43	23	16:40
Schlüsie	4.10	14:45	3:35	5	2:04	28	2:21	19.80	1:40:00	5:03	5	8:47	23	18:59
Loddenke	3.10	12:38	4:04	9	1:51	38	2:18	22.90	1:52:38	4:55	4	9:13	23	21:17
Ilseburg/Markt	3.30	13:42	4:09	6	1:34	29	5:24	26.20	2:06:20	4:49	5	11:29	23	26:41