



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Foerstner, Jan

Club: Easy Rider
Number: 488

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:09:25

Speed: 12.05 km/h
Running performance: 4:56 min/km

Rank in course/Total: 25 (of 529)

Rank in course/Men: 25 (of 447)

Best time in course: 1:39:39

Rank in category: 4(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	17:50	5:45	3	2:00	26	4:00	6.40	33:40	5:15	3	3:23	27	7:36
Hermannsklippe	2.60	14:57	5:44	3	1:27	23	3:16	9.00	48:37	5:24	3	4:50	26	10:47
Brocken	3.10	24:15	7:49	6	2:59	31	6:00	12.10	1:12:52	6:01	5	7:49	28	16:47
Eiserner Handwe	3.60	15:09	4:12	6	1:40	31	2:39	15.70	1:28:01	5:36	5	9:29	27	19:26
Schlüsie	4.10	14:58	3:39	7	2:01	38	2:34	19.80	1:42:59	5:12	5	11:30	27	21:58
Loddenke	3.10	12:29	4:01	5	1:17	32	2:09	22.90	1:55:28	5:02	4	12:01	25	24:07
Ilseburg/Markt	3.30	13:57	4:13	7	1:17	40	5:39	26.20	2:09:25	4:56	4	11:43	25	29:46