



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 |