



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Bär, Mario

Club: Bildungszentrum Dessau
Number: 505

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:10:23

Speed: 11.96 km/h
Running performance: 4:59 min/km

Rank in course/Total: 29 (of 529)

Rank in course/Men: 28 (of 447)

Best time in course: 1:39:39

Rank in category: 6(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	18:02	5:49	7	1:53	29	4:12	6.40	34:03	5:19	9	3:54	34	7:59
Hermannsklippe	2.60	15:23	5:54	8	1:42	30	3:42	9.00	49:26	5:29	7	5:28	29	11:36
Brocken	3.10	24:11	7:48	6	3:45	30	5:56	12.10	1:13:37	6:05	6	8:26	29	17:32
Eiserner Handwe	3.60	15:37	4:20	9	2:16	40	3:07	15.70	1:29:14	5:41	7	10:42	30	20:39
Schlüsie	4.10	14:50	3:37	7	2:09	32	2:26	19.80	1:44:04	5:15	6	12:51	28	23:03
Loddenke	3.10	12:35	4:03	8	1:48	37	2:15	22.90	1:56:39	5:05	5	13:14	27	25:18
Ilseburg/Markt	3.30	13:44	4:09	7	1:36	30	5:26	26.20	2:10:23	4:58	6	15:32	28	30:44