



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Wadehn, Ricky

Club: Brockenlaufverein
Number: 281

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:10:45

Speed: 11.93 km/h
Running performance: 4:59 min/km

Rank in course/Total: 31 (of 529)

Rank in course/Men: 30 (of 447)

Best time in course: 1:39:39

Rank in category: 8(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	16:00	4:50	7	2:00	39	6:23	3.30	16:00	4:50	7	2:00	39	6:23
Schlüsie	3.10	17:39	5:41	6	1:30	25	3:49	6.40	33:39	5:15	5	3:30	25	7:35
Hermannsklippe	2.60	14:50	5:42	6	1:09	21	3:09	9.00	48:29	5:23	6	4:31	25	10:39
Brocken	3.10	25:11	8:07	8	4:45	40	6:56	12.10	1:13:40	6:05	7	8:29	30	17:35
Eiserner Handwe	3.60	15:13	4:13	8	1:52	32	2:43	15.70	1:28:53	5:39	6	10:21	29	20:18
Schlüsie	4.10	15:15	3:43	11	2:34	44	2:51	19.80	1:44:08	5:15	7	12:55	29	23:07
Loddenke	3.10	12:31	4:02	7	1:44	34	2:11	22.90	1:56:39	5:05	5	13:14	27	25:18
Ilseburg/Markt	3.30	14:06	4:16	9	1:58	46	5:48	26.20	2:10:45	4:59	8	15:54	30	31:06