



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Maihs, Tobi

Club: Maschsee-Sharks Hannover  
Number: 72

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:12:13

Speed: 11.80 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 34 (of 529)

Rank in course/Men: 33 (of 447)

Best time in course: 1:39:39

Rank in category: 9(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	18:02	5:49	7	1:53	29	4:12	6.40	34:02	5:19	8	3:53	33	7:58
Hermannsklippe	2.60	15:35	5:59	9	1:54	37	3:54	9.00	49:37	5:30	8	5:39	31	11:47
Brocken	3.10	24:57	8:02	7	4:31	37	6:42	12.10	1:14:34	6:09	8	9:23	32	18:29
Eiserner Handwe	3.60	14:51	4:07	6	1:30	23	2:21	15.70	1:29:25	5:41	8	10:53	32	20:50
Schlüsie	4.10	14:48	3:36	6	2:07	30	2:24	19.80	1:44:13	5:15	8	13:00	32	23:12
Loddenke	3.10	14:08	4:33	25	3:21	144	3:48	22.90	1:58:21	5:10	8	14:56	32	27:00
Ilseburg/Markt	3.30	13:52	4:12	8	1:44	37	5:34	26.20	2:12:13	5:02	9	17:22	33	32:34