



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ragoß, Daniel

Club: NSV Wernigerode
Number: 446

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:12:21

Speed: 11.79 km/h
Running performance: 5:03 min/km

Rank in course/Total: 35 (of 529)

Rank in course/Men: 34 (of 447)

Best time in course: 1:39:39

Rank in category: 6(of 30)

Best time in the category: 1:39:39

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	15:40	4:44	6	6:03	28	6:03	3.30	15:40	4:44	6	6:03	28	6:03
Schlüsie	3.10	18:06	5:50	7	2:12	32	4:16	6.40	33:46	5:16	6	7:37	28	7:42
Hermannsklippe	2.60	15:11	5:50	6	3:30	26	3:30	9.00	48:57	5:26	6	11:07	28	11:07
Brocken	3.10	23:11	7:28	5	4:56	21	4:56	12.10	1:12:08	5:57	6	16:03	25	16:03
Eiserner Handwe	3.60	16:00	4:26	8	3:30	54	3:30	15.70	1:28:08	5:36	6	19:33	28	19:33
Schlüsie	4.10	16:01	3:54	8	3:35	75	3:37	19.80	1:44:09	5:15	6	23:08	30	23:08
Loddenke	3.10	13:30	4:21	10	3:10	97	3:10	22.90	1:57:39	5:08	6	26:18	31	26:18
Ilseburg/Markt	3.30	14:42	4:27	6	6:24	79	6:24	26.20	2:12:21	5:03	6	32:42	34	32:42