



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Matthiesen, Erik

Club: Bjørnebanden
Number: 8

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:13:00

Speed: 11.73 km/h
Running performance: 5:05 min/km

Rank in course/Total: 39 (of 529)

Rank in course/Men: 37 (of 447)

Best time in course: 1:39:39

Rank in category: 6(of 85)

Best time in the category: 1:59:41

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	17:08	5:11	21	2:31	89	7:31	3.30	17:08	5:11	21	2:31	89	7:31
Schlüsie	3.10	18:28	5:57	4	1:51	36	4:38	6.40	35:36	5:33	9	4:22	60	9:32
Hermannsklippe	2.60	15:31	5:58	4	1:16	32	3:50	9.00	51:07	5:40	7	5:38	49	13:17
Brocken	3.10	24:31	7:54	5	1:47	33	6:16	12.10	1:15:38	6:15	6	7:16	37	19:33
Eiserner Handwe	3.60	16:06	4:28	12	1:31	61	3:36	15.70	1:31:44	5:50	5	8:47	38	23:09
Schlüsie	4.10	15:41	3:49	12	1:50	59	3:17	19.80	1:47:25	5:25	7	10:37	40	26:24
Loddenke	3.10	12:27	4:00	7	1:27	31	2:07	22.90	1:59:52	5:14	7	12:04	39	28:31
Ilseburg/Markt	3.30	13:08	3:58	4	1:15	20	4:50	26.20	2:13:00	5:04	6	13:19	37	33:21