



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Howorek, Andreas

Club: Schützenverein Osterwald U.E.
Number: 418

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:13:48

Speed: 11.66 km/h
Running performance: 5:07 min/km

Rank in course/Total: 42 (of 529)

Rank in course/Men: 40 (of 447)

Best time in course: 1:39:39

Rank in category: 7(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:23	4:57	9	6:46	49	6:46	3.30	16:23	4:57	9	6:46	49	6:46
Schlüsie	3.10	18:39	6:00	9	2:45	45	4:49	6.40	35:02	5:28	9	8:53	47	8:58
Hermannsklippe	2.60	15:54	6:06	9	4:13	50	4:13	9.00	50:56	5:39	9	13:06	42	13:06
Brocken	3.10	25:37	8:15	8	7:22	56	7:22	12.10	1:16:33	6:19	7	20:28	45	20:28
Eiserner Handwe	3.60	14:57	4:09	6	2:27	27	2:27	15.70	1:31:30	5:49	7	22:55	36	22:55
Schlüsie	4.10	14:40	3:34	6	2:14	27	2:16	19.80	1:46:10	5:21	7	25:09	34	25:09
Loddenke	3.10	12:47	4:07	5	2:27	46	2:27	22.90	1:58:57	5:11	7	27:36	34	27:36
Ilseburg/Markt	3.30	14:51	4:30	8	6:33	88	6:33	26.20	2:13:48	5:06	7	34:09	40	34:09