



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Faltis, Danny

Club: münz laufftreff Westerwald  
Number: 186

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:15:42

Speed: 11.58 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 49 (of 529)

Rank in course/Men: 46 (of 447)

Best time in course: 1:39:39

Rank in category: 6(of 50)

Best time in the category: 1:56:54

| 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     | 17:05      | 5:10         | 13       | 3:01        | 85      | 7:28       | 3.30     | 17:05         | 5:10         | 13       | 3:01        | 85      | 7:28       |
| Schlüsie           | 3.10     | 18:41      | 6:01         | 9        | 2:48        | 49      | 4:51       | 6.40     | 35:46         | 5:35         | 11       | 5:49        | 69      | 9:42       |
| Hermannsklippe     | 2.60     | 16:10      | 6:13         | 9        | 2:34        | 58      | 4:29       | 9.00     | 51:56         | 5:46         | 9        | 8:23        | 61      | 14:06      |
| Brocken            | 3.10     | 25:15      | 8:08         | 6        | 4:18        | 42      | 7:00       | 12.10    | 1:17:11       | 6:22         | 8        | 12:41       | 52      | 21:06      |
| Eiserner Handwe    | 3.60     | 16:09      | 4:29         | 10       | 2:18        | 63      | 3:39       | 15.70    | 1:33:20       | 5:56         | 9        | 14:59       | 51      | 24:45      |
| Schlüsie           | 4.10     | 15:22      | 3:44         | 7        | 2:06        | 50      | 2:58       | 19.80    | 1:48:42       | 5:29         | 7        | 17:05       | 49      | 27:41      |
| Loddenke           | 3.10     | 12:43      | 4:06         | 5        | 1:05        | 41      | 2:23       | 22.90    | 2:01:25       | 5:18         | 7        | 18:00       | 47      | 30:04      |
| Ilseburg/Markt     | 3.30     | 14:17      | 4:19         | 9        | 1:21        | 63      | 5:59       | 26.20    | 2:15:42       | 5:10         | 6        | 18:48       | 46      | 36:03      |