



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Braune, Mario

Club: VLG 1991 Magdeburg
Number: 462

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:16:41

Speed: 11.41 km/h
Running performance: 5:13 min/km

Rank in course/Total: 57 (of 529)

Rank in course/Men: 53 (of 447)

Best time in course: 1:39:39

Rank in category: 12(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	16:56	5:07	18	2:19	81	7:19	3.30	16:56	5:07	18	2:19	81	7:19
Schlüsie	3.10	19:05	6:09	13	2:28	68	5:15	6.40	36:01	5:37	16	4:47	74	9:57
Hermannsklippe	2.60	16:01	6:09	10	1:46	53	4:20	9.00	52:02	5:46	12	6:33	63	14:12
Brocken	3.10	24:24	7:52	4	1:40	32	6:09	12.10	1:16:26	6:19	8	8:04	44	20:21
Eiserner Handwe	3.60	16:33	4:35	17	1:58	85	4:03	15.70	1:32:59	5:55	9	10:02	48	24:24
Schlüsie	4.10	15:27	3:46	10	1:36	55	3:03	19.80	1:48:26	5:28	10	11:38	46	27:25
Loddenke	3.10	13:12	4:15	18	2:12	76	2:52	22.90	2:01:38	5:18	11	13:50	49	30:17
Ilseburg/Markt	3.30	15:03	4:33	22	3:10	106	6:45	26.20	2:16:41	5:13	12	17:00	53	37:02