



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Franke, Sven

Club: Brockenlaufverein
Number: 311

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:18:36

Speed: 11.26 km/h
Running performance: 5:17 min/km

Rank in course/Total: 66 (of 529)

Rank in course/Men: 61 (of 447)

Best time in course: 1:39:39

Rank in category: 12(of 75)

Best time in the category: 1:57:42

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	16:23	4:57	7	1:56	49	6:46	3.30	16:23	4:57	7	1:56	49	6:46
Schlüsie	3.10	18:45	6:02	8	2:55	54	4:55	6.40	35:08	5:29	7	4:51	50	9:04
Hermannsklippe	2.60	16:02	6:10	11	2:32	55	4:21	9.00	51:10	5:41	9	7:23	50	13:20
Brocken	3.10	27:41	8:55	24	6:25	118	9:26	12.10	1:18:51	6:30	12	13:48	68	22:46
Eiserner Handwe	3.60	14:59	4:09	5	1:30	30	2:29	15.70	1:33:50	5:58	10	15:18	57	25:15
Schlüsie	4.10	14:47	3:36	5	1:50	29	2:23	19.80	1:48:37	5:29	8	17:08	47	27:36
Loddenke	3.10	14:07	4:33	27	2:55	142	3:47	22.90	2:02:44	5:21	11	19:17	55	31:23
Ilseburg/Markt	3.30	15:52	4:48	35	3:12	166	7:34	26.20	2:18:36	5:17	12	20:54	61	38:57