



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Loeser, Sascha

Club: Niedergörsdorf  
Number: 188

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:19:03

Speed: 11.22 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 68 (of 529)

Rank in course/Men: 63 (of 447)

Best time in course: 1:39:39

Rank in category: 9(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	15:49	4:47	5	1:45	30	6:12	3.30	15:49	4:47	5	1:45	30	6:12
Schlüsie	3.10	18:27	5:57	6	2:34	35	4:37	6.40	34:16	5:21	6	4:19	36	8:12
Hermannsklippe	2.60	16:42	6:25	11	3:06	87	5:01	9.00	50:58	5:39	8	7:25	44	13:08
Brocken	3.10	25:11	8:07	5	4:14	40	6:56	12.10	1:16:09	6:17	7	11:39	42	20:04
Eiserner Handwe	3.60	16:47	4:39	15	2:56	104	4:17	15.70	1:32:56	5:55	8	14:35	47	24:21
Schlüsie	4.10	17:02	4:09	17	3:46	140	4:38	19.80	1:49:58	5:33	8	18:21	57	28:57
Loddenke	3.10	13:33	4:22	14	1:55	103	3:13	22.90	2:03:31	5:23	8	20:06	58	32:10
Ilseburg/Markt	3.30	15:32	4:42	22	2:36	144	7:14	26.20	2:19:03	5:18	9	22:09	63	39:24