



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Cäsar, Christian

Club: Harz-Gebirgslauf Wernigerode
Number: 467

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:20:14

Speed: 11.12 km/h
Running performance: 5:21 min/km

Rank in course/Total: 72 (of 529)

Rank in course/Men: 67 (of 447)

Best time in course: 1:39:39

Rank in category: 10(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	16:43	5:03	11	2:39	70	7:06	3.30	16:43	5:03	11	2:39	70	7:06
Schlüsie	3.10	18:59	6:07	11	3:06	65	5:09	6.40	35:42	5:34	10	5:45	62	9:38
Hermannsklippe	2.60	17:16	6:38	18	3:40	127	5:35	9.00	52:58	5:53	11	9:25	81	15:08
Brocken	3.10	27:11	8:46	14	6:14	102	8:56	12.10	1:20:09	6:37	11	15:39	83	24:04
Eiserner Handwe	3.60	15:44	4:22	6	1:53	42	3:14	15.70	1:35:53	6:06	10	17:32	72	27:18
Schlüsie	4.10	15:21	3:44	6	2:05	48	2:57	19.80	1:51:14	5:37	10	19:37	63	30:13
Loddenke	3.10	13:37	4:23	15	1:59	105	3:17	22.90	2:04:51	5:27	10	21:26	63	33:30
Ilseburg/Markt	3.30	15:23	4:39	19	2:27	128	7:05	26.20	2:20:14	5:21	10	23:20	67	40:35