



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Hitzing, Christoffer

Club: LA Cool Runnings
Number: 584

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:20:38

Speed: 11.09 km/h
Running performance: 5:22 min/km

Rank in course/Total: 76 (of 529)

Rank in course/Men: 71 (of 447)

Best time in course: 1:39:39

Rank in category: 9(of 30)

Best time in the category: 1:39:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:39	5:02	10	7:02	66	7:02	3.30	16:39	5:02	10	7:02	66	7:02
Schlüsie	3.10	18:54	6:05	10	3:00	61	5:04	6.40	35:33	5:33	10	9:24	58	9:29
Hermannsklippe	2.60	15:52	6:06	7	4:11	45	4:11	9.00	51:25	5:42	10	13:35	56	13:35
Brocken	3.10	27:13	8:46	12	8:58	104	8:58	12.10	1:18:38	6:29	10	22:33	62	22:33
Eiserner Handwe	3.60	17:02	4:43	10	4:32	118	4:32	15.70	1:35:40	6:05	10	27:05	69	27:05
Schlüsie	4.10	16:39	4:03	12	4:13	115	4:15	19.80	1:52:19	5:40	10	31:18	74	31:18
Loddenke	3.10	13:25	4:19	9	3:05	92	3:05	22.90	2:05:44	5:29	9	34:23	67	34:23
Ilseburg/Markt	3.30	14:54	4:30	9	6:36	91	6:36	26.20	2:20:38	5:22	9	40:59	71	40:59