



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Aden, Robin

Club: Deutscher Ruder-Club
Number: 436

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:21:11

Speed: 11.05 km/h
Running performance: 5:23 min/km

Rank in course/Total: 81 (of 529)

Rank in course/Men: 76 (of 447)

Best time in course: 1:39:39

Rank in category: 10(of 36)

Best time in the category: 1:42:44

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	17:29	5:17	11	5:15	105	7:52	3.30	17:29	5:17	11	5:15	105	7:52
Schlüsie	3.10	19:29	6:17	11	5:39	84	5:39	6.40	36:58	5:46	11	10:54	93	10:54
Hermannsklippe	2.60	16:24	6:18	11	4:34	70	4:43	9.00	53:22	5:55	12	15:28	84	15:32
Brocken	3.10	27:07	8:44	11	8:49	98	8:52	12.10	1:20:29	6:39	12	24:17	84	24:24
Eiserner Handwe	3.60	16:37	4:36	10	4:06	92	4:07	15.70	1:37:06	6:11	11	28:23	81	28:31
Schlüsie	4.10	17:00	4:08	15	4:36	132	4:36	19.80	1:54:06	5:45	11	32:59	83	33:05
Loddenke	3.10	13:00	4:11	8	2:39	62	2:40	22.90	2:07:06	5:33	10	35:38	80	35:45
Ilseburg/Markt	3.30	14:05	4:16	7	2:49	45	5:47	26.20	2:21:11	5:23	10	38:27	76	41:32