



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kotes, Aaron-Mick Stefan

Club: SV Siemens Mülheim a.d. Ruhr e.V.
Number: 49

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:21:40

Speed: 11.01 km/h
Running performance: 5:25 min/km

Rank in course/Total: 82 (of 529)

Rank in course/Men: 77 (of 447)

Best time in course: 1:39:39

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:45	4:46	7	6:08	29	6:08	3.30	15:45	4:46	7	6:08	29	6:08
Schlüsie	3.10	18:34	5:59	8	2:40	40	4:44	6.40	34:19	5:21	8	8:10	37	8:15
Hermannsklippe	2.60	16:02	6:10	10	4:21	55	4:21	9.00	50:21	5:35	8	12:31	37	12:31
Brocken	3.10	26:56	8:41	11	8:41	88	8:41	12.10	1:17:17	6:23	9	21:12	54	21:12
Eiserner Handwe	3.60	17:34	4:52	12	5:04	150	5:04	15.70	1:34:51	6:02	9	26:16	61	26:16
Schlüsie	4.10	17:27	4:15	16	5:01	164	5:03	19.80	1:52:18	5:40	9	31:17	73	31:17
Loddenke	3.10	14:09	4:33	15	3:49	147	3:49	22.90	2:06:27	5:31	10	35:06	76	35:06
Ilseburg/Markt	3.30	15:13	4:36	12	6:55	117	6:55	26.20	2:21:40	5:24	10	42:01	77	42:01