



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Rohde, Christian

Club: Verden  
Number: 117

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:22:14

Speed: 10.97 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 89 (of 529)

Rank in course/Men: 84 (of 447)

Best time in course: 1:39:39

Rank in category: 15(of 59)

Best time in the category: 1:54:51

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	18:35	5:37	32	4:35	166	8:58	3.30	18:35	5:37	32	4:35	166	8:58
Schlüsie	3.10	21:14	6:50	38	5:05	177	7:24	6.40	39:49	6:13	36	9:40	172	13:45
Hermannsklippe	2.60	17:45	6:49	31	4:04	161	6:04	9.00	57:34	6:23	33	13:36	165	19:44
Brocken	3.10	26:23	8:30	13	5:57	72	8:08	12.10	1:23:57	6:56	21	18:46	122	27:52
Eiserner Handwe	3.60	16:01	4:26	13	2:40	56	3:31	15.70	1:39:58	6:22	20	21:26	109	31:23
Schlüsie	4.10	15:11	3:42	10	2:30	42	2:47	19.80	1:55:09	5:48	18	23:56	92	34:08
Loddenke	3.10	12:48	4:07	10	2:01	49	2:28	22.90	2:07:57	5:35	18	24:32	90	36:36
Ilseburg/Markt	3.30	14:17	4:19	10	2:09	63	5:59	26.20	2:22:14	5:25	15	27:23	84	42:35