46. Brockenlauf

Ilsenburg / 03.09.2016

Detailed evaluation

Jost, Steffen

Club: BSG Sparkasse Jena
Number: 294

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:44

Speed: 11.01 km/h
Running performance: 5:27 min/km

Rank in course/Total: 91 (of 529)
Rank in course/Men: 86 (of 447)
Best time in course: 1:39:39

Rank in category: 17(of 59)
Best time in the category: 1:54:51

Intermediate times

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
					Stage score							Total ranking		
Loddenke	3.30	16:32	5:00	13	2:32	57	6:55	3.30	16:32	5:00	13	2:32	57	6:55
Schlüsie	3.10	19:17	6:13	14	3:08	75	5:27	6.40	35:49	5:35	13	5:40	71	9:45
Hermannsklippe	2.60	16:40	6:24	15	2:59	83	4:59	9.00	52:29	5:49	13	8:31	68	14:39
Brocken	3.10	26:00	8:23	11	5:34	65	7:45	12.10	1:18:29	6:29	11	13:18	61	22:24
Eiserner Handwe	3.60	17:31	4:51	29	4:10	145	5:01	15.70	1:36:00	6:06	13	17:28	73	27:25
Schlüsie	4.10	16:43	4:04	23	4:02	118	4:19	19.80	1:52:43	5:41	13	21:30	76	31:42
Loddenke	3.10	14:00	4:30	23	3:13	138	3:40	22.90	2:06:43	5:32	13	23:18	79	35:22
Ilsenburg/Markt	3.30	16:01	4:51	28	3:53	174	7:43	26.20	2:22:44	5:26	17	27:53	86	43:05