



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Kistner, Dennis

Club: Leipzig  
Number: 100

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:23:49

Speed: 10.85 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 99 (of 529)

Rank in course/Men: 94 (of 447)

Best time in course: 1:39:39

Rank in category: 17(of 75)

Best time in the category: 1:57:42

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	17:28	5:17	18	3:01	103	7:51	3.30	17:28	5:17	18	3:01	103	7:51
Schlüsie	3.10	19:22	6:14	13	3:32	77	5:32	6.40	36:50	5:45	15	6:33	90	10:46
Hermannsklippe	2.60	16:01	6:09	10	2:31	53	4:20	9.00	52:51	5:52	13	9:04	77	15:01
Brocken	3.10	25:56	8:21	11	4:40	63	7:41	12.10	1:18:47	6:30	11	13:44	66	22:42
Eiserner Handwe	3.60	18:21	5:05	32	4:52	200	5:51	15.70	1:37:08	6:11	14	18:36	82	28:33
Schlüsie	4.10	18:08	4:25	37	5:11	205	5:44	19.80	1:55:16	5:49	16	23:47	93	34:15
Loddenke	3.10	14:17	4:36	31	3:05	159	3:57	22.90	2:09:33	5:39	18	26:06	98	38:12
Ilseburg/Markt	3.30	14:16	4:19	15	1:36	62	5:58	26.20	2:23:49	5:29	17	26:07	94	44:10