



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Reese, Ingo

Number: 581

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:24:09

Speed: 10.82 km/h
Running performance: 5:30 min/km

Rank in course/Total: 100 (of 529)

Rank in course/Men: 95 (of 447)

Best time in course: 1:39:39

Rank in category: 12(of 50)

Best time in the category: 1:56:54

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	19:50	6:00	30	5:46	257	10:13	3.30	19:50	6:00	30	5:46	257	10:13
Schlüsie	3.10	21:25	6:54	24	5:32	184	7:35	6.40	41:15	6:26	28	11:18	220	15:11
Hermannsklippe	2.60	15:51	6:05	6	2:15	44	4:10	9.00	57:06	6:20	19	13:33	143	19:16
Brocken	3.10	25:36	8:15	9	4:39	55	7:21	12.10	1:22:42	6:50	14	18:12	105	26:37
Eiserner Handwe	3.60	17:55	4:58	27	4:04	170	5:25	15.70	1:40:37	6:24	16	22:16	115	32:02
Schlüsie	4.10	17:06	4:10	20	3:50	145	4:42	19.80	1:57:43	5:56	16	26:06	117	36:42
Loddenke	3.10	13:27	4:20	12	1:49	94	3:07	22.90	2:11:10	5:43	16	27:45	113	39:49
Ilseburg/Markt	3.30	12:59	3:56	2	0:03	15	4:41	26.20	2:24:09	5:30	12	27:15	95	44:30