



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Schonsky, Roy

Club: Fettleibige ballenstedter
Number: 563

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:24:30

Speed: 10.80 km/h
Running performance: 5:31 min/km

Rank in course/Total: 103 (of 529)

Rank in course/Men: 98 (of 447)

Best time in course: 1:39:39

Rank in category: 19(of 85)

Best time in the category: 1:59:41

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	18:17	5:32	30	3:40	154	8:40	3.30	18:17	5:32	30	3:40	154	8:40
Schlüsie	3.10	20:30	6:36	24	3:53	123	6:40	6.40	38:47	6:03	25	7:33	135	12:43
Hermannsklippe	2.60	17:06	6:34	25	2:51	108	5:25	9.00	55:53	6:12	23	10:24	120	18:03
Brocken	3.10	28:57	9:20	29	6:13	162	10:42	12.10	1:24:50	7:00	25	16:28	135	28:45
Eiserner Handwe	3.60	16:03	4:27	10	1:28	58	3:33	15.70	1:40:53	6:25	21	17:56	119	32:18
Schlüsie	4.10	15:35	3:48	11	1:44	58	3:11	19.80	1:56:28	5:52	20	19:40	104	35:27
Loddenke	3.10	13:01	4:11	15	2:01	64	2:41	22.90	2:09:29	5:39	19	21:41	97	38:08
Ilseburg/Markt	3.30	15:01	4:33	19	3:08	97	6:43	26.20	2:24:30	5:30	19	24:49	98	44:51