



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Koch, Imgmar

Club: Oldschool Harz Hill Mann
Number: 522

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:25:00

Speed: 10.76 km/h
Running performance: 5:32 min/km

Rank in course/Total: 105 (of 529)

Rank in course/Men: 100 (of 447)

Best time in course: 1:39:39

Rank in category: 20(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:42	5:21	23	3:42	115	8:05	3.30	17:42	5:21	23	3:42	115	8:05
Schlüsie	3.10	19:41	6:20	19	3:32	97	5:51	6.40	37:23	5:50	21	7:14	101	11:19
Hermannsklippe	2.60	16:34	6:22	12	2:53	79	4:53	9.00	53:57	5:59	17	9:59	94	16:07
Brocken	3.10	27:02	8:43	17	6:36	92	8:47	12.10	1:20:59	6:41	16	15:48	92	24:54
Eiserner Handwe	3.60	18:06	5:01	33	4:45	181	5:36	15.70	1:39:05	6:18	17	20:33	97	30:30
Schlüsie	4.10	17:07	4:10	30	4:26	146	4:43	19.80	1:56:12	5:52	20	24:59	101	35:11
Loddenke	3.10	13:49	4:27	18	3:02	120	3:29	22.90	2:10:01	5:40	19	26:36	99	38:40
Ilseburg/Markt	3.30	14:59	4:32	15	2:51	94	6:41	26.20	2:25:00	5:32	20	30:09	100	45:21