



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Schnoor, Ole

Club: Berlin
Number: 483

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:25:09

Speed: 10.75 km/h
Running performance: 5:32 min/km

Rank in course/Total: 108 (of 529)

Rank in course/Men: 103 (of 447)

Best time in course: 1:39:39

Rank in category: 21(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	20:46	6:17	48	6:46	315	11:09	3.30	20:46	6:17	48	6:46	315	11:09
Schlüsie	3.10	22:12	7:09	44	6:03	228	8:22	6.40	42:58	6:42	44	12:49	268	16:54
Hermannsklippe	2.60	17:02	6:33	18	3:21	101	5:21	9.00	1:00:00	6:40	43	16:02	227	22:10
Brocken	3.10	25:39	8:16	10	5:13	57	7:24	12.10	1:25:39	7:04	29	20:28	146	29:34
Eiserner Handwe	3.60	15:52	4:24	11	2:31	48	3:22	15.70	1:41:31	6:27	23	22:59	125	32:56
Schlüsie	4.10	16:15	3:57	18	3:34	89	3:51	19.80	1:57:46	5:56	22	26:33	119	36:45
Loddenke	3.10	12:58	4:10	12	2:11	59	2:38	22.90	2:10:44	5:42	20	27:19	107	39:23
Ilseburg/Markt	3.30	14:25	4:22	11	2:17	66	6:07	26.20	2:25:09	5:32	21	30:18	103	45:30