



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Hartig, Matthias

Club: Sv tülau voitze
Number: 570

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:25:54

Speed: 10.69 km/h
Running performance: 5:34 min/km

Rank in course/Total: 112 (of 529)

Rank in course/Men: 107 (of 447)

Best time in course: 1:39:39

Rank in category: 18(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	16:51	5:06	13	2:24	75	7:14	3.30	16:51	5:06	13	2:24	75	7:14
Schlüsie	3.10	19:47	6:22	17	3:57	103	5:57	6.40	36:38	5:43	13	6:21	86	10:34
Hermannsklippe	2.60	18:00	6:55	31	4:30	177	6:19	9.00	54:38	6:04	17	10:51	106	16:48
Brocken	3.10	27:47	8:57	25	6:31	124	9:32	12.10	1:22:25	6:48	18	17:22	102	26:20
Eiserner Handwe	3.60	17:28	4:51	26	3:59	142	4:58	15.70	1:39:53	6:21	20	21:21	108	31:18
Schlüsie	4.10	17:13	4:11	25	4:16	152	4:49	19.80	1:57:06	5:54	20	25:37	110	36:05
Loddenke	3.10	13:49	4:27	23	2:37	120	3:29	22.90	2:10:55	5:43	20	27:28	111	39:34
Ilseburg/Markt	3.30	14:59	4:32	22	2:19	94	6:41	26.20	2:25:54	5:34	18	28:12	107	46:15