



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Pusch, Toralf

Club: Düsseldorf
Number: 274

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:26:07

Speed: 10.68 km/h
Running performance: 5:35 min/km

Rank in course/Total: 113 (of 529)

Rank in course/Men: 108 (of 447)

Best time in course: 1:39:39

Rank in category: 15(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	19:20	5:51	25	5:16	217	9:43	3.30	19:20	5:51	25	5:16	217	9:43
Schlüsie	3.10	20:55	6:44	18	5:02	145	7:05	6.40	40:15	6:17	24	10:18	184	14:11
Hermannsklippe	2.60	17:13	6:37	16	3:37	119	5:32	9.00	57:28	6:23	21	13:55	161	19:38
Brocken	3.10	28:30	9:11	22	7:33	145	10:15	12.10	1:25:58	7:06	21	21:28	152	29:53
Eiserner Handwe	3.60	16:06	4:28	9	2:15	61	3:36	15.70	1:42:04	6:30	18	23:43	133	33:29
Schlüsie	4.10	16:05	3:55	11	2:49	79	3:41	19.80	1:58:09	5:58	18	26:32	125	37:08
Loddenke	3.10	13:05	4:13	9	1:27	67	2:45	22.90	2:11:14	5:43	17	27:49	114	39:53
Ilseburg/Markt	3.30	14:53	4:30	13	1:57	90	6:35	26.20	2:26:07	5:34	15	29:13	108	46:28