



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Mörth, Sascha

Club: E.ON
Number: 141

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:26:41

Speed: 10.64 km/h
Running performance: 5:36 min/km

Rank in course/Total: 117 (of 529)

Rank in course/Men: 112 (of 447)

Best time in course: 1:39:39

Rank in category: 21(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:01	5:27	26	3:34	140	8:24	3.30	18:01	5:27	26	3:34	140	8:24
Schlüsie	3.10	19:59	6:26	20	4:09	111	6:09	6.40	38:00	5:56	21	7:43	117	11:56
Hermannsklippe	2.60	16:47	6:27	16	3:17	92	5:06	9.00	54:47	6:05	19	11:00	110	16:57
Brocken	3.10	28:17	9:07	26	7:01	133	10:02	12.10	1:23:04	6:51	20	18:01	108	26:59
Eiserner Handwe	3.60	16:40	4:37	21	3:11	95	4:10	15.70	1:39:44	6:21	17	21:12	105	31:09
Schlüsie	4.10	17:48	4:20	33	4:51	188	5:24	19.80	1:57:32	5:56	21	26:03	115	36:31
Loddenke	3.10	14:26	4:39	34	3:14	173	4:06	22.90	2:11:58	5:45	22	28:31	121	40:37
Ilseburg/Markt	3.30	14:43	4:27	19	2:03	80	6:25	26.20	2:26:41	5:35	21	28:59	112	47:02