



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Noack, Volker

Club: Ilseburg  
Number: 600

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:27:11

Speed: 10.60 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 124 (of 529)

Rank in course/Men: 118 (of 447)

Best time in course: 1:39:39

Rank in category: 17(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	17:06	5:10	14	3:02	86	7:29	3.30	17:06	5:10	14	3:02	86	7:29
Schlüsie	3.10	19:29	6:17	12	3:36	84	5:39	6.40	36:35	5:42	13	6:38	83	10:31
Hermannsklippe	2.60	16:46	6:26	12	3:10	91	5:05	9.00	53:21	5:55	12	9:48	83	15:31
Brocken	3.10	27:08	8:45	13	6:11	99	8:53	12.10	1:20:29	6:39	12	15:59	84	24:24
Eiserner Handwe	3.60	18:29	5:08	29	4:38	211	5:59	15.70	1:38:58	6:18	14	20:37	96	30:23
Schlüsie	4.10	18:26	4:29	29	5:10	221	6:02	19.80	1:57:24	5:55	15	25:47	113	36:23
Loddenke	3.10	14:25	4:39	25	2:47	171	4:05	22.90	2:11:49	5:45	18	28:24	119	40:28
Ilseburg/Markt	3.30	15:22	4:39	18	2:26	125	7:04	26.20	2:27:11	5:37	17	30:17	118	47:32