



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Rudatzki, Christian

Club: Kassel
Number: 238

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:27:14

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

Rank in course/Total: 125 (of 529)

Rank in course/Men: 120 (of 447)

Best time in course: 1:39:39

Rank in category: 13(of 30)

Best time in the category: 1:39:39

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	17:43	5:22	12	8:06	119	8:06	3.30	17:43	5:22	12	8:06	119	8:06
Schlüsie	3.10	20:31	6:37	15	4:37	124	6:41	6.40	38:14	5:58	13	12:05	122	12:10
Hermannsklippe	2.60	17:35	6:45	17	5:54	146	5:54	9.00	55:49	6:12	14	17:59	118	17:59
Brocken	3.10	27:39	8:55	13	9:24	116	9:24	12.10	1:23:28	6:53	14	27:23	113	27:23
Eiserner Handwe	3.60	17:11	4:46	11	4:41	129	4:41	15.70	1:40:39	6:24	14	32:04	116	32:04
Schlüsie	4.10	16:23	3:59	10	3:57	102	3:59	19.80	1:57:02	5:54	13	36:01	109	36:01
Loddenke	3.10	13:40	4:24	12	3:20	110	3:20	22.90	2:10:42	5:42	13	39:21	106	39:21
Ilseburg/Markt	3.30	16:32	5:00	17	8:14	209	8:14	26.20	2:27:14	5:37	13	47:35	120	47:35