



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Samp, Alexander

Club: Whiskey Running Team
Number: 4

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:28:00

Speed: 10.54 km/h
Running performance: 5:39 min/km

Rank in course/Total: 137 (of 529)

Rank in course/Men: 130 (of 447)

Best time in course: 1:39:39

Rank in category: 25(of 59)

Best time in the category: 1:54:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	19:05	5:46	38	5:05	207	9:28	3.30	19:05	5:46	38	5:05	207	9:28				
Schlüsie	3.10	20:39	6:39	27	4:30	131	6:49	6.40	39:44	6:12	33	9:35	164	13:40				
Hermannsklippe	2.60	17:23	6:41	23	3:42	129	5:42	9.00	57:07	6:20	28	13:09	145	19:17				
Brocken	3.10	28:52	9:18	25	8:26	158	10:37	12.10	1:25:59	7:06	31	20:48	153	29:54				
Eiserner Handwe	3.60	16:20	4:32	17	2:59	74	3:50	15.70	1:42:19	6:31	26	23:47	137	33:44				
Schlüsie	4.10	16:29	4:01	21	3:48	108	4:05	19.80	1:58:48	6:00	26	27:35	131	37:47				
Loddenke	3.10	13:31	4:21	15	2:44	99	3:11	22.90	2:12:19	5:46	22	28:54	126	40:58				
Ilseburg/Markt	3.30	15:41	4:45	24	3:33	154	7:23	26.20	2:28:00	5:38	25	33:09	130	48:21				