



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Pahnke, Andreas

Club: 1980
Number: 163

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:28:59

Speed: 10.47 km/h
Running performance: 5:41 min/km

Rank in course/Total: 141 (of 529)

Rank in course/Men: 134 (of 447)

Best time in course: 1:39:39

Rank in category: 19(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	18:02	5:27	21	3:58	142	8:25	3.30	18:02	5:27	21	3:58	142	8:25
Schlüsie	3.10	19:55	6:25	15	4:02	107	6:05	6.40	37:57	5:55	16	8:00	116	11:53
Hermannsklippe	2.60	16:16	6:15	10	2:40	63	4:35	9.00	54:13	6:01	13	10:40	99	16:23
Brocken	3.10	27:02	8:43	12	6:05	92	8:47	12.10	1:21:15	6:42	13	16:45	96	25:10
Eiserner Handwe	3.60	17:06	4:45	19	3:15	121	4:36	15.70	1:38:21	6:15	12	20:00	90	29:46
Schlüsie	4.10	17:15	4:12	22	3:59	155	4:51	19.80	1:55:36	5:50	13	23:59	96	34:35
Loddenke	3.10	14:47	4:46	29	3:09	197	4:27	22.90	2:10:23	5:41	13	26:58	101	39:02
Ilseburg/Markt	3.30	18:36	5:38	40	5:40	321	10:18	26.20	2:28:59	5:41	19	32:05	134	49:20