



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sary, Dieter

Club: NIX tun kann jeder
Number: 367

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:29:16

Speed: 10.45 km/h
Running performance: 5:42 min/km

Rank in course/Total: 143 (of 529)

Rank in course/Men: 136 (of 447)

Best time in course: 1:39:39

Rank in category: 10(of 58)

Best time in the category: 2:02:30

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 | 18:09 | 5:30 | 10 | 3:04 | 148 | 8:32 | 3.30 | 18:09 | 5:30 | 10 | 3:04 | 148 | 8:32 |
| Schlüsie | 3.10 | 21:48 | 7:01 | 17 | 4:58 | 211 | 7:58 | 6.40 | 39:57 | 6:14 | 12 | 8:02 | 177 | 13:53 |
| Hermannsklippe | 2.60 | 18:14 | 7:00 | 15 | 4:03 | 194 | 6:33 | 9.00 | 58:11 | 6:27 | 13 | 12:05 | 182 | 20:21 |
| Brocken | 3.10 | 27:36 | 8:54 | 10 | 4:52 | 112 | 9:21 | 12.10 | 1:25:47 | 7:05 | 12 | 16:57 | 147 | 29:42 |
| Eiserner Handwe | 3.60 | 16:30 | 4:34 | 5 | 1:39 | 80 | 4:00 | 15.70 | 1:42:17 | 6:30 | 10 | 18:36 | 136 | 33:42 |
| Schlüsie | 4.10 | 15:52 | 3:52 | 5 | 1:40 | 65 | 3:28 | 19.80 | 1:58:09 | 5:58 | 9 | 20:16 | 125 | 37:08 |
| Loddenke | 3.10 | 14:31 | 4:40 | 16 | 2:58 | 182 | 4:11 | 22.90 | 2:12:40 | 5:47 | 10 | 23:14 | 132 | 41:19 |
| Ilseburg/Markt | 3.30 | 16:36 | 5:01 | 21 | 3:32 | 216 | 8:18 | 26.20 | 2:29:16 | 5:41 | 10 | 26:46 | 136 | 49:37 |