



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Matthes, Lars

Club: Lalles Laufftreff Wiedelah
Number: 285

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:29:19

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

Rank in course/Total: 144 (of 529)

Rank in course/Men: 137 (of 447)

Best time in course: 1:39:39

Rank in category: 26(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	17:20	5:15	21	3:20	100	7:43	3.30	17:20	5:15	21	3:20	100	7:43				
Schlüsie	3.10	19:29	6:17	16	3:20	84	5:39	6.40	36:49	5:45	17	6:40	89	10:45				
Hermannsklippe	2.60	16:39	6:24	14	2:58	82	4:58	9.00	53:28	5:56	15	9:30	86	15:38				
Brocken	3.10	30:01	9:40	34	9:35	198	11:46	12.10	1:23:29	6:53	19	18:18	115	27:24				
Eiserner Handwe	3.60	17:13	4:46	26	3:52	130	4:43	15.70	1:40:42	6:24	21	22:10	117	32:07				
Schlüsie	4.10	17:07	4:10	30	4:26	146	4:43	19.80	1:57:49	5:57	23	26:36	120	36:48				
Loddenke	3.10	14:41	4:44	33	3:54	193	4:21	22.90	2:12:30	5:47	24	29:05	130	41:09				
Ilseburg/Markt	3.30	16:49	5:05	35	4:41	226	8:31	26.20	2:29:19	5:41	26	34:28	137	49:40				