



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Pyka, Steffen

Club: City boot camp
Number: 596

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:29:34

Speed: 10.43 km/h
Running performance: 5:43 min/km

Rank in course/Total: 146 (of 529)

Rank in course/Men: 139 (of 447)

Best time in course: 1:39:39

Rank in category: 27(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.	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	16:53	5:06	16	2:53	76	7:16	3.30	16:53	5:06	16	2:53	76	7:16
Schlüsie	3.10	19:23	6:15	15	3:14	79	5:33	6.40	36:16	5:39	15	6:07	76	10:12
Hermannsklippe	2.60	17:29	6:43	27	3:48	138	5:48	9.00	53:45	5:58	16	9:47	91	15:55
Brocken	3.10	31:04	10:01	42	10:38	240	12:49	12.10	1:24:49	7:00	26	19:38	134	28:44
Eiserner Handwe	3.60	16:57	4:42	22	3:36	112	4:27	15.70	1:41:46	6:28	25	23:14	130	33:11
Schlüsie	4.10	16:29	4:01	21	3:48	108	4:05	19.80	1:58:15	5:58	24	27:02	128	37:14
Loddenke	3.10	14:27	4:39	30	3:40	175	4:07	22.90	2:12:42	5:47	25	29:17	133	41:21
Ilseburg/Markt	3.30	16:52	5:06	38	4:44	235	8:34	26.20	2:29:34	5:42	27	34:43	139	49:55