



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Riemenschneider, Lars

Club: Darlingerode
Number: 451

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:29:54

Speed: 10.41 km/h
Running performance: 5:43 min/km

Rank in course/Total: 150 (of 529)

Rank in course/Men: 143 (of 447)

Best time in course: 1:39:39

Rank in category: 15(of 36)

Best time in the category: 1:42:44

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	19:30	5:54	22	7:16	225	9:53	3.30	19:30	5:54	22	7:16	225	9:53
Schlüsie	3.10	21:15	6:51	19	7:25	180	7:25	6.40	40:45	6:22	20	14:41	202	14:41
Hermannsklippe	2.60	17:15	6:38	17	5:25	125	5:34	9.00	58:00	6:26	18	20:06	176	20:10
Brocken	3.10	29:40	9:34	19	11:22	189	11:25	12.10	1:27:40	7:14	18	31:28	176	31:35
Eiserner Handwe	3.60	16:57	4:42	12	4:26	112	4:27	15.70	1:44:37	6:39	17	35:54	159	36:02
Schlüsie	4.10	16:06	3:55	9	3:42	80	3:42	19.80	2:00:43	6:05	16	39:36	150	39:42
Loddenke	3.10	13:41	4:24	12	3:20	112	3:21	22.90	2:14:24	5:52	16	42:56	146	43:03
Ilseburg/Markt	3.30	15:30	4:41	17	4:14	139	7:12	26.20	2:29:54	5:43	15	47:10	143	50:15