



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Wittig, Christian

Club: Aerobbis
Number: 110

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:30:47

Speed: 10.35 km/h
Running performance: 5:46 min/km

Rank in course/Total: 159 (of 529)

Rank in course/Men: 151 (of 447)

Best time in course: 1:39:39

Rank in category: 16(of 30)

Best time in the category: 1:39:39

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	18:01	5:27	16	8:24	140	8:24	3.30	18:01	5:27	16	8:24	140	8:24
Schlüsie	3.10	20:18	6:32	14	4:24	113	6:28	6.40	38:19	5:59	15	12:10	126	12:15
Hermannsklippe	2.60	17:45	6:49	18	6:04	161	6:04	9.00	56:04	6:13	15	18:14	125	18:14
Brocken	3.10	27:45	8:57	14	9:30	122	9:30	12.10	1:23:49	6:55	15	27:44	119	27:44
Eiserner Handwe	3.60	17:42	4:54	13	5:12	154	5:12	15.70	1:41:31	6:27	15	32:56	125	32:56
Schlüsie	4.10	16:34	4:02	11	4:08	112	4:10	19.80	1:58:05	5:57	14	37:04	124	37:04
Loddenke	3.10	13:57	4:30	14	3:37	136	3:37	22.90	2:12:02	5:45	14	40:41	123	40:41
Ilseburg/Markt	3.30	18:45	5:40	24	10:27	327	10:27	26.20	2:30:47	5:45	16	51:08	151	51:08