



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Dohnalek, Kai

Club: LT Hofgeismar  
Number: 224

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:31:33

Speed: 10.29 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 166 (of 529)

Rank in course/Men: 157 (of 447)

Best time in course: 1:39:39

Rank in category: 29(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:57	5:44	37	4:57	192	9:20	3.30	18:57	5:44	37	4:57	192	9:20
Schlüsie	3.10	20:51	6:43	30	4:42	140	7:01	6.40	39:48	6:13	35	9:39	171	13:44
Hermannsklippe	2.60	17:29	6:43	27	3:48	138	5:48	9.00	57:17	6:21	30	13:19	157	19:27
Brocken	3.10	29:10	9:24	27	8:44	169	10:55	12.10	1:26:27	7:08	32	21:16	158	30:22
Eiserner Handwe	3.60	16:58	4:42	23	3:37	116	4:28	15.70	1:43:25	6:35	29	24:53	150	34:50
Schlüsie	4.10	17:00	4:08	26	4:19	132	4:36	19.80	2:00:25	6:04	29	29:12	148	39:24
Loddenke	3.10	14:15	4:35	29	3:28	156	3:55	22.90	2:14:40	5:52	27	31:15	148	43:19
Ilseburg/Markt	3.30	16:53	5:06	39	4:45	236	8:35	26.20	2:31:33	5:47	29	36:42	157	51:54