



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lange, Andreas

Club: Hildesheim
Number: 450

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:31:47

Speed: 10.28 km/h
Running performance: 5:47 min/km

Rank in course/Total: 171 (of 529)

Rank in course/Men: 162 (of 447)

Best time in course: 1:39:39

Rank in category: 30(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	18:09	5:30	29	4:09	148	8:32	3.30	18:09	5:30	29	4:09	148	8:32
Schlüsie	3.10	20:47	6:42	29	4:38	137	6:57	6.40	38:56	6:04	29	8:47	145	12:52
Hermannsklippe	2.60	17:45	6:49	31	4:04	161	6:04	9.00	56:41	6:17	27	12:43	134	18:51
Brocken	3.10	30:52	9:57	40	10:26	233	12:37	12.10	1:27:33	7:14	33	22:22	175	31:28
Eiserner Handwe	3.60	17:44	4:55	31	4:23	157	5:14	15.70	1:45:17	6:42	32	26:45	171	36:42
Schlüsie	4.10	16:55	4:07	25	4:14	129	4:31	19.80	2:02:12	6:10	30	30:59	159	41:11
Loddenke	3.10	13:50	4:27	19	3:03	124	3:30	22.90	2:16:02	5:56	29	32:37	159	44:41
Ilseburg/Markt	3.30	15:45	4:46	25	3:37	158	7:27	26.20	2:31:47	5:47	30	36:56	162	52:08