



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Niemann, Marc

Club: Schandelah
Number: 262

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:40

Speed: 10.15 km/h
Running performance: 5:52 min/km

Rank in course/Total: 185 (of 529)

Rank in course/Men: 175 (of 447)

Best time in course: 1:39:39

Rank in category: 32(of 75)

Best time in the category: 1:57:42

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	19:43	5:58	43	5:16	243	10:06	3.30	19:43	5:58	43	5:16	243	10:06
Schlüsie	3.10	21:03	6:47	32	5:13	164	7:13	6.40	40:46	6:22	37	10:29	203	14:42
Hermannsklippe	2.60	18:34	7:08	39	5:04	220	6:53	9.00	59:20	6:35	36	15:33	210	21:30
Brocken	3.10	28:42	9:15	28	7:26	149	10:27	12.10	1:28:02	7:16	34	22:59	183	31:57
Eiserner Handwe	3.60	18:03	5:00	28	4:34	176	5:33	15.70	1:46:05	6:45	32	27:33	181	37:30
Schlüsie	4.10	17:21	4:13	27	4:24	159	4:57	19.80	2:03:26	6:14	31	31:57	176	42:25
Loddenke	3.10	14:27	4:39	36	3:15	175	4:07	22.90	2:17:53	6:01	31	34:26	178	46:32
Ilseburg/Markt	3.30	15:47	4:46	33	3:07	159	7:29	26.20	2:33:40	5:51	32	35:58	175	54:01