



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Mika, Rainer

Club: E.ON

Number: 139

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:34:33

Speed: 10.09 km/h

Running performance: 5:54 min/km

Rank in course/Total: 194 (of 529)

Rank in course/Men: 184 (of 447)

Best time in course: 1:39:39

Rank in category: 34(of 85)

Best time in the category: 1:59:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:58	5:44	41	4:21	195	9:21	3.30	18:58	5:44	41	4:21	195	9:21
Schlüsie	3.10	20:47	6:42	26	4:10	137	6:57	6.40	39:45	6:12	32	8:31	168	13:41
Hermannsklippe	2.60	17:36	6:46	30	3:21	150	5:55	9.00	57:21	6:22	28	11:52	159	19:31
Brocken	3.10	30:22	9:47	40	7:38	212	12:07	12.10	1:27:43	7:14	33	19:21	178	31:38
Eiserner Handwe	3.60	17:48	4:56	35	3:13	163	5:18	15.70	1:45:31	6:43	33	22:34	177	36:56
Schlüsie	4.10	17:21	4:13	29	3:30	159	4:57	19.80	2:02:52	6:12	32	26:04	172	41:51
Loddenke	3.10	14:19	4:37	32	3:19	160	3:59	22.90	2:17:11	5:59	31	29:23	170	45:50
Ilseburg/Markt	3.30	17:22	5:15	49	5:29	266	9:04	26.20	2:34:33	5:53	34	34:52	184	54:54