



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Dammann, Raphael

Club: TriAs Hildesheim  
Number: 465

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:35:05

Speed: 10.06 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 202 (of 529)

Rank in course/Men: 191 (of 447)

Best time in course: 1:39:39

Rank in category: 34(of 59)

Best time in the category: 1:54:51

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	19:27	5:53	39	5:27	220	9:50	3.30	19:27	5:53	39	5:27	220	9:50
Schlüsie	3.10	21:39	6:59	41	5:30	202	7:49	6.40	41:06	6:25	41	10:57	211	15:02
Hermannsklippe	2.60	17:23	6:41	23	3:42	129	5:42	9.00	58:29	6:29	39	14:31	190	20:39
Brocken	3.10	26:17	8:28	12	5:51	69	8:02	12.10	1:24:46	7:00	25	19:35	132	28:41
Eiserner Handwe	3.60	19:48	5:30	44	6:27	270	7:18	15.70	1:44:34	6:39	30	26:02	157	35:59
Schlüsie	4.10	18:55	4:36	41	6:14	245	6:31	19.80	2:03:29	6:14	32	32:16	177	42:28
Loddenke	3.10	15:15	4:55	40	4:28	238	4:55	22.90	2:18:44	6:03	33	35:19	185	47:23
Ilseburg/Markt	3.30	16:21	4:57	31	4:13	198	8:03	26.20	2:35:05	5:55	34	40:14	191	55:26