



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kossak, André

Club: TV Lemgo
Number: 69

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:35:17

Speed: 10.05 km/h
Running performance: 5:56 min/km

Rank in course/Total: 204 (of 529)

Rank in course/Men: 192 (of 447)

Best time in course: 1:39:39

Rank in category: 35(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.	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	18:50	5:42	36	4:50	180	9:13	3.30	18:50	5:42	36	4:50	180	9:13
Schlüsie	3.10	21:43	7:00	42	5:34	205	7:53	6.40	40:33	6:20	38	10:24	194	14:29
Hermannsklippe	2.60	18:19	7:02	39	4:38	203	6:38	9.00	58:52	6:32	40	14:54	197	21:02
Brocken	3.10	29:35	9:32	31	9:09	187	11:20	12.10	1:28:27	7:18	34	23:16	192	32:22
Eiserner Handwe	3.60	17:52	4:57	32	4:31	166	5:22	15.70	1:46:19	6:46	34	27:47	185	37:44
Schlüsie	4.10	17:56	4:22	34	5:15	196	5:32	19.80	2:04:15	6:16	35	33:02	189	43:14
Loddenke	3.10	14:54	4:48	37	4:07	207	4:34	22.90	2:19:09	6:04	34	35:44	191	47:48
Ilseburg/Markt	3.30	16:08	4:53	29	4:00	185	7:50	26.20	2:35:17	5:55	35	40:26	192	55:38