



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Herberg, Kay

Number: 577

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:35:49

Speed: 10.01 km/h
Running performance: 5:57 min/km

Rank in course/Total: 207 (of 529)

Rank in course/Men: 195 (of 447)

Best time in course: 1:39:39

Rank in category: 36(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	17:18	5:14	16	2:51	97	7:41	3.30	17:18	5:14	16	2:51	97	7:41
Schlüsie	3.10	20:31	6:37	23	4:41	124	6:41	6.40	37:49	5:54	20	7:32	114	11:45
Hermannsklippe	2.60	18:21	7:03	38	4:51	207	6:40	9.00	56:10	6:14	22	12:23	128	18:20
Brocken	3.10	31:05	10:01	47	9:49	241	12:50	12.10	1:27:15	7:12	30	22:12	169	31:10
Eiserner Handwe	3.60	18:49	5:13	41	5:20	230	6:19	15.70	1:46:04	6:45	31	27:32	180	37:29
Schlüsie	4.10	17:46	4:19	32	4:49	186	5:22	19.80	2:03:50	6:15	32	32:21	183	42:49
Loddenke	3.10	15:08	4:52	40	3:56	225	4:48	22.90	2:18:58	6:04	33	35:31	188	47:37
Ilseburg/Markt	3.30	16:51	5:06	45	4:11	232	8:33	26.20	2:35:49	5:56	36	38:07	195	56:10