



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Roski, Kai

Club: Feuerwehr Minden
Number: 108

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:38:02

Speed: 9.87 km/h
Running performance: 6:02 min/km

Rank in course/Total: 225 (of 529)

Rank in course/Men: 210 (of 447)

Best time in course: 1:39:39

Rank in category: 28(of 50)

Best time in the category: 1:56:54

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	19:45	5:59	28	5:41	247	10:08	3.30	19:45	5:59	28	5:41	247	10:08
Schlüsie	3.10	22:15	7:10	31	6:22	234	8:25	6.40	42:00	6:33	29	12:03	237	15:56
Hermannsklippe	2.60	17:32	6:44	21	3:56	141	5:51	9.00	59:32	6:36	29	15:59	219	21:42
Brocken	3.10	27:45	8:57	18	6:48	122	9:30	12.10	1:27:17	7:12	24	22:47	171	31:12
Eiserner Handwe	3.60	19:34	5:26	34	5:43	257	7:04	15.70	1:46:51	6:48	26	28:30	193	38:16
Schlüsie	4.10	19:23	4:43	36	6:07	268	6:59	19.80	2:06:14	6:22	28	34:37	210	45:13
Loddenke	3.10	15:00	4:50	33	3:22	218	4:40	22.90	2:21:14	6:10	28	37:49	206	49:53
Ilseburg/Markt	3.30	16:48	5:05	32	3:52	225	8:30	26.20	2:38:02	6:01	28	41:08	210	58:23