



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Ciana, Reiner

Club: LG Rudelsburg Bad Kösen  
Number: 550

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:38:53

Speed: 9.82 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 233 (of 529)

Rank in course/Men: 214 (of 447)

Best time in course: 1:39:39

Rank in category: 7(of 29)

Best time in the category: 2:22:45

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	19:34	5:55	6	2:30	228	9:57	3.30	19:34	5:55	6	2:30	228	9:57
Schlüsie	3.10	22:17	7:11	7	2:44	238	8:27	6.40	41:51	6:32	6	5:14	228	15:47
Hermannsklippe	2.60	18:53	7:15	6	1:40	241	7:12	9.00	1:00:44	6:44	7	6:54	240	22:54
Brocken	3.10	30:14	9:45	6	3:09	208	11:59	12.10	1:30:58	7:31	7	9:33	237	34:53
Eiserner Handwe	3.60	18:11	5:03	7	1:46	185	5:41	15.70	1:49:09	6:57	7	10:35	226	40:34
Schlüsie	4.10	18:23	4:29	9	2:30	216	5:59	19.80	2:07:32	6:26	7	13:05	219	46:31
Loddenke	3.10	14:38	4:43	6	1:31	190	4:18	22.90	2:22:10	6:12	7	14:26	214	50:49
Ilseburg/Markt	3.30	16:43	5:03	7	1:54	222	8:25	26.20	2:38:53	6:03	7	16:08	214	59:14