



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Lüttgau, Carsten

Club: Braunschweig  
Number: 187

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:39:52

Speed: 9.76 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 241 (of 529)

Rank in course/Men: 221 (of 447)

Best time in course: 1:39:39

Rank in category: 38(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:32	6:13	46	6:32	300	10:55	3.30	20:32	6:13	46	6:32	300	10:55
Schlüsie	3.10	22:49	7:21	46	6:40	266	8:59	6.40	43:21	6:46	45	13:12	280	17:17
Hermannsklippe	2.60	18:06	6:57	34	4:25	186	6:25	9.00	1:01:27	6:49	45	17:29	257	23:37
Brocken	3.10	29:19	9:27	28	8:53	173	11:04	12.10	1:30:46	7:30	42	25:35	233	34:41
Eiserner Handwe	3.60	19:21	5:22	41	6:00	253	6:51	15.70	1:50:07	7:00	42	31:35	236	41:32
Schlüsie	4.10	18:52	4:36	40	6:11	241	6:28	19.80	2:08:59	6:30	40	37:46	233	47:58
Loddenke	3.10	14:54	4:48	37	4:07	207	4:34	22.90	2:23:53	6:16	37	40:28	224	52:32
Ilseburg/Markt	3.30	15:59	4:50	27	3:51	173	7:41	26.20	2:39:52	6:06	38	45:01	221	1:00:13