



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Maliezefski, Sebastian

Club: Karateverein Shogun Großdalzig e.V.
Number: 101

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:40:00

Speed: 9.75 km/h
Running performance: 6:07 min/km

Rank in course/Total: 243 (of 529)

Rank in course/Men: 223 (of 447)

Best time in course: 1:39:39

Rank in category: 19(of 30)

Best time in the category: 1:39:39

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	18:56	5:44	21	9:19	191	9:19	3.30	18:56	5:44	21	9:19	191	9:19
Schlüsie	3.10	21:19	6:52	19	5:25	182	7:29	6.40	40:15	6:17	20	14:06	184	14:11
Hermannsklippe	2.60	18:28	7:06	22	6:47	212	6:47	9.00	58:43	6:31	21	20:53	196	20:53
Brocken	3.10	31:27	10:08	19	13:12	258	13:12	12.10	1:30:10	7:27	21	34:05	217	34:05
Eiserner Handwe	3.60	19:56	5:32	22	7:26	284	7:26	15.70	1:50:06	7:00	21	41:31	235	41:31
Schlüsie	4.10	18:35	4:31	20	6:09	228	6:11	19.80	2:08:41	6:29	20	47:40	229	47:40
Loddenke	3.10	15:23	4:57	23	5:03	252	5:03	22.90	2:24:04	6:17	19	52:43	230	52:43
Ilseburg/Markt	3.30	15:56	4:49	15	7:38	171	7:38	26.20	2:40:00	6:06	19	1:00:21	223	1:00:21