



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Portz, Stefan

Club: Braunschweig
Number: 305

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:40:25

Speed: 9.72 km/h
Running performance: 6:07 min/km

Rank in course/Total: 246 (of 529)

Rank in course/Men: 225 (of 447)

Best time in course: 1:39:39

Rank in category: 30(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:50	6:36	40	7:46	361	12:13	3.30	21:50	6:36	40	7:46	361	12:13
Schlüsie	3.10	23:21	7:31	33	7:28	287	9:31	6.40	45:11	7:03	38	15:14	331	19:07
Hermannsklippe	2.60	18:01	6:55	23	4:25	179	6:20	9.00	1:03:12	7:01	33	19:39	279	25:22
Brocken	3.10	28:27	9:10	20	7:30	141	10:12	12.10	1:31:39	7:34	33	27:09	244	35:34
Eiserner Handwe	3.60	19:35	5:26	35	5:44	259	7:05	15.70	1:51:14	7:05	32	32:53	245	42:39
Schlüsie	4.10	19:12	4:40	33	5:56	262	6:48	19.80	2:10:26	6:35	33	38:49	242	49:25
Loddenke	3.10	14:33	4:41	27	2:55	185	4:13	22.90	2:24:59	6:19	32	41:34	234	53:38
Ilseburg/Markt	3.30	15:26	4:40	20	2:30	133	7:08	26.20	2:40:25	6:07	30	43:31	225	1:00:46