



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Portz, Martin

Club: Braunschweig  
Number: 304

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: 247 (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	23:22	7:32	34	7:29	288	9:32	6.40	45:12	7:03	39	15:15	333	19:08
Hermannsklippe	2.60	18:01	6:55	23	4:25	179	6:20	9.00	1:03:13	7:01	34	19:40	281	25:23
Brocken	3.10	28:27	9:10	20	7:30	141	10:12	12.10	1:31:40	7:34	34	27:10	245	35:35
Eiserner Handwe	3.60	19:43	5:28	37	5:52	266	7:13	15.70	1:51:23	7:05	34	33:02	248	42:48
Schlüsie	4.10	19:03	4:38	32	5:47	251	6:39	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