



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Aisch, Matthias

Club: Hannover
Number: 435

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:41:49

Speed: 9.64 km/h
Running performance: 6:11 min/km

Rank in course/Total: 256 (of 529)

Rank in course/Men: 231 (of 447)

Best time in course: 1:39:39

Rank in category: 39(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:22	6:28	50	7:22	342	11:45	3.30	21:22	6:28	50	7:22	342	11:45
Schlüsie	3.10	22:55	7:23	47	6:46	270	9:05	6.40	44:17	6:55	47	14:08	299	18:13
Hermannsklippe	2.60	18:41	7:11	42	5:00	228	7:00	9.00	1:02:58	6:59	47	19:00	276	25:08
Brocken	3.10	30:04	9:41	35	9:38	201	11:49	12.10	1:33:02	7:41	45	27:51	259	36:57
Eiserner Handwe	3.60	18:18	5:04	34	4:57	196	5:48	15.70	1:51:20	7:05	43	32:48	247	42:45
Schlüsie	4.10	18:36	4:32	37	5:55	230	6:12	19.80	2:09:56	6:33	41	38:43	237	48:55
Loddenke	3.10	14:53	4:48	36	4:06	205	4:33	22.90	2:24:49	6:19	40	41:24	233	53:28
Ilseburg/Markt	3.30	17:00	5:09	40	4:52	243	8:42	26.20	2:41:49	6:10	39	46:58	231	1:02:10