



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Christ, Jörn

Club: SV scn energy Torgelow  
Number: 259

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:44:34

Speed: 9.48 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 284 (of 529)

Rank in course/Men: 259 (of 447)

Best time in course: 1:39:39

Rank in category: 44(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	18:26	5:35	30	4:26	161	8:49	3.30	18:26	5:35	30	4:26	161	8:49
Schlüsie	3.10	20:40	6:40	28	4:31	132	6:50	6.40	39:06	6:06	30	8:57	147	13:02
Hermannsklippe	2.60	18:11	6:59	36	4:30	191	6:30	9.00	57:17	6:21	30	13:19	157	19:27
Brocken	3.10	31:19	10:06	43	10:53	248	13:04	12.10	1:28:36	7:19	35	23:25	195	32:31
Eiserner Handwe	3.60	20:52	5:47	46	7:31	323	8:22	15.70	1:49:28	6:58	41	30:56	229	40:53
Schlüsie	4.10	23:04	5:37	54	10:23	392	10:40	19.80	2:12:32	6:41	46	41:19	271	51:31
Loddenke	3.10	15:35	5:01	42	4:48	264	5:15	22.90	2:28:07	6:28	44	44:42	268	56:46
Ilseburg/Markt	3.30	16:27	4:59	32	4:19	203	8:09	26.20	2:44:34	6:16	44	49:43	259	1:04:55