



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Ryll, Rene

Club: Ort Goslar  
Number: 453

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:46:03

Speed: 9.39 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 296 (of 529)

Rank in course/Men: 269 (of 447)

Best time in course: 1:39:39

Rank in category: 52(of 75)

Best time in the category: 1:57:42

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	20:11	6:06	52	5:44	280	10:34	3.30	20:11	6:06	52	5:44	280	10:34
Schlüsie	3.10	22:16	7:10	46	6:26	237	8:26	6.40	42:27	6:37	52	12:10	254	16:23
Hermannsklippe	2.60	18:37	7:09	40	5:07	223	6:56	9.00	1:01:04	6:47	47	17:17	247	23:14
Brocken	3.10	30:25	9:48	41	9:09	214	12:10	12.10	1:31:29	7:33	48	26:26	243	35:24
Eiserner Handwe	3.60	20:11	5:36	56	6:42	298	7:41	15.70	1:51:40	7:06	49	33:08	250	43:05
Schlüsie	4.10	19:57	4:51	54	7:00	298	7:33	19.80	2:11:37	6:38	50	40:08	258	50:36
Loddenke	3.10	16:12	5:13	54	5:00	299	5:52	22.90	2:27:49	6:27	52	44:22	264	56:28
Ilseburg/Markt	3.30	18:14	5:31	54	5:34	309	9:56	26.20	2:46:03	6:20	52	48:21	269	1:06:24