



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Wilkens, Carsten

Club: Dasseler SC
Number: 439

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:48:57

Speed: 9.23 km/h
Running performance: 6:27 min/km

Rank in course/Total: 314 (of 529)

Rank in course/Men: 284 (of 447)

Best time in course: 1:39:39

Rank in category: 54(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	19:52	6:01	48	5:25	262	10:15	3.30	19:52	6:01	48	5:25	262	10:15
Schlüsie	3.10	22:21	7:12	48	6:31	243	8:31	6.40	42:13	6:35	50	11:56	248	16:09
Hermannsklippe	2.60	18:53	7:15	45	5:23	241	7:12	9.00	1:01:06	6:47	48	17:19	248	23:16
Brocken	3.10	31:34	10:10	50	10:18	266	13:19	12.10	1:32:40	7:39	49	27:37	254	36:35
Eiserner Handwe	3.60	19:35	5:26	49	6:06	259	7:05	15.70	1:52:15	7:08	51	33:43	257	43:40
Schlüsie	4.10	19:23	4:43	47	6:26	268	6:59	19.80	2:11:38	6:38	51	40:09	259	50:37
Loddenke	3.10	17:14	5:33	65	6:02	353	6:54	22.90	2:28:52	6:30	54	45:25	271	57:31
Ilseburg/Markt	3.30	20:05	6:05	69	7:25	369	11:47	26.20	2:48:57	6:26	54	51:15	284	1:09:18