



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Unger, Christian

Club: Bad Salzdetfurth  
Number: 586

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:49:42

Speed: 9.19 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 319 (of 529)

Rank in course/Men: 288 (of 447)

Best time in course: 1:39:39

Rank in category: 47(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:35	6:14	47	6:35	306	10:58	3.30	20:35	6:14	47	6:35	306	10:58
Schlüsie	3.10	24:32	7:54	51	8:23	343	10:42	6.40	45:07	7:02	51	14:58	327	19:03
Hermannsklippe	2.60	21:55	8:25	54	8:14	375	10:14	9.00	1:07:02	7:26	52	23:04	347	29:12
Brocken	3.10	32:19	10:25	47	11:53	297	14:04	12.10	1:39:21	8:12	50	34:10	326	43:16
Eiserner Handwe	3.60	18:33	5:09	36	5:12	214	6:03	15.70	1:57:54	7:30	48	39:22	302	49:19
Schlüsie	4.10	18:57	4:37	43	6:16	247	6:33	19.80	2:16:51	6:54	48	45:38	295	55:50
Loddenke	3.10	14:52	4:47	35	4:05	204	4:32	22.90	2:31:43	6:37	46	48:18	286	1:00:22
Ilseburg/Markt	3.30	17:59	5:26	45	5:51	297	9:41	26.20	2:49:42	6:28	47	54:51	288	1:10:03