



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 |