



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Manz, Stefan

Club: BSG Ostsächsische Sparkasse Dresden  
Number: 193

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:50:15

Speed: 9.16 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 321 (of 529)

Rank in course/Men: 289 (of 447)

Best time in course: 1:39:39

Rank in category: 38(of 50)

Best time in the category: 1:56:54

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	20:56	6:20	36	6:52	319	11:19	3.30	20:56	6:20	36	6:52	319	11:19
Schlüsie	3.10	23:48	7:40	38	7:55	302	9:58	6.40	44:44	6:59	36	14:47	314	18:40
Hermannsklippe	2.60	19:44	7:35	39	6:08	291	8:03	9.00	1:04:28	7:09	37	20:55	301	26:38
Brocken	3.10	34:03	10:59	46	13:06	336	15:48	12.10	1:38:31	8:08	41	34:01	315	42:26
Eiserner Handwe	3.60	20:21	5:39	42	6:30	303	7:51	15.70	1:58:52	7:34	41	40:31	316	50:17
Schlüsie	4.10	19:36	4:46	39	6:20	281	7:12	19.80	2:18:28	6:59	39	46:51	307	57:27
Loddenke	3.10	14:30	4:40	26	2:52	181	4:10	22.90	2:32:58	6:40	38	49:33	294	1:01:37
Ilseburg/Markt	3.30	17:17	5:14	36	4:21	260	8:59	26.20	2:50:15	6:29	38	53:21	289	1:10:36