



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Anlauf, Carsten

Club: Iserlohn  
Number: 181

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 2:50:41

Speed: 9.14 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 325 (of 529)

Rank in course/Men: 293 (of 447)

Best time in course: 1:39:39

Rank in category: 25(of 36)

Best time in the category: 1:42:44

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	20:27	6:11	28	8:13	294	10:50	3.30	20:27	6:11	28	8:13	294	10:50
Schlüsie	3.10	22:28	7:14	23	8:38	250	8:38	6.40	42:55	6:42	24	16:51	267	16:51
Hermannsklippe	2.60	18:48	7:13	24	6:58	233	7:07	9.00	1:01:43	6:51	24	23:49	261	23:53
Brocken	3.10	33:03	10:39	26	14:45	316	14:48	12.10	1:34:46	7:49	25	38:34	279	38:41
Eiserner Handwe	3.60	21:38	6:00	30	9:07	353	9:08	15.70	1:56:24	7:24	25	47:41	291	47:49
Schlüsie	4.10	19:50	4:50	27	7:26	290	7:26	19.80	2:16:14	6:52	25	55:07	292	55:13
Loddenke	3.10	16:28	5:18	31	6:07	319	6:08	22.90	2:32:42	6:40	25	1:01:14	293	1:01:21
Ilseburg/Markt	3.30	17:59	5:26	27	6:43	297	9:41	26.20	2:50:41	6:30	25	1:07:57	293	1:11:02