



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Jahn, Roland

Club: NIX tun kann jeder
Number: 365

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:50:46

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

Rank in course/Total: 326 (of 529)

Rank in course/Men: 294 (of 447)

Best time in course: 1:39:39

Rank in category: 33(of 58)

Best time in the category: 2:02:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	3.30	20:23	6:10	35	292	5:18	10:46	3.30	20:23	6:10	35	292	5:18	10:46
Schlüsie	3.10	23:06	7:27	29	277	6:16	9:16	6.40	43:29	6:47	33	284	11:34	17:25
Hermannsklippe	2.60	19:43	7:34	32	288	5:32	8:02	9.00	1:03:12	7:01	31	279	17:06	25:22
Brocken	3.10	31:29	10:09	29	261	8:45	13:14	12.10	1:34:41	7:49	31	276	25:51	38:36
Eiserner Handwe	3.60	20:53	5:48	38	324	6:02	8:23	15.70	1:55:34	7:21	34	283	31:53	46:59
Schlüsie	4.10	19:58	4:52	30	299	5:46	7:34	19.80	2:15:32	6:50	33	285	37:39	54:31
Loddenke	3.10	16:38	5:21	38	327	5:05	6:18	22.90	2:32:10	6:38	33	288	42:44	1:00:49
Ilseburg/Markt	3.30	18:36	5:38	41	321	5:32	10:18	26.20	2:50:46	6:31	33	294	48:16	1:11:07