



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Preuß, Michael

Club: TuS Ahnsen
Number: 284

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:52:41

Speed: 9.03 km/h
Running performance: 6:35 min/km

Rank in course/Total: 344 (of 529)

Rank in course/Men: 306 (of 447)

Best time in course: 1:39:39

Rank in category: 58(of 75)

Best time in the category: 1:57:42

| 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 | 20:32 | 6:13 | 57 | 6:05 | 300 | 10:55 | 3.30 | 20:32 | 6:13 | 57 | 6:05 | 300 | 10:55 |
| Schlüsie | 3.10 | 22:52 | 7:22 | 54 | 7:02 | 268 | 9:02 | 6.40 | 43:24 | 6:46 | 55 | 13:07 | 282 | 17:20 |
| Hermannsklippe | 2.60 | 20:01 | 7:41 | 58 | 6:31 | 304 | 8:20 | 9.00 | 1:03:25 | 7:02 | 57 | 19:38 | 286 | 25:35 |
| Brocken | 3.10 | 33:33 | 10:49 | 59 | 12:17 | 322 | 15:18 | 12.10 | 1:36:58 | 8:00 | 58 | 31:55 | 303 | 40:53 |
| Eiserner Handwe | 3.60 | 20:37 | 5:43 | 59 | 7:08 | 315 | 8:07 | 15.70 | 1:57:35 | 7:29 | 58 | 39:03 | 300 | 49:00 |
| Schlüsie | 4.10 | 19:44 | 4:48 | 50 | 6:47 | 287 | 7:20 | 19.80 | 2:17:19 | 6:56 | 56 | 45:50 | 299 | 56:18 |
| Loddenke | 3.10 | 15:48 | 5:05 | 48 | 4:36 | 277 | 5:28 | 22.90 | 2:33:07 | 6:41 | 56 | 49:40 | 296 | 1:01:46 |
| Ilseburg/Markt | 3.30 | 19:34 | 5:55 | 65 | 6:54 | 359 | 11:16 | 26.20 | 2:52:41 | 6:35 | 58 | 54:59 | 306 | 1:13:02 |