



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Simon, Philipp

Club: Hannover  
Number: 411

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:53:49

Speed: 8.97 km/h  
Running performance: 6:38 min/km

Rank in course/Total: 353 (of 529)

Rank in course/Men: 313 (of 447)

Best time in course: 1:39:39

Rank in category: 39(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	22:20	6:46	44	8:16	383	12:43	3.30	22:20	6:46	44	8:16	383	12:43
Schlüsie	3.10	25:22	8:10	46	9:29	374	11:32	6.40	47:42	7:27	46	17:45	376	21:38
Hermannsklippe	2.60	19:42	7:34	38	6:06	286	8:01	9.00	1:07:24	7:29	44	23:51	353	29:34
Brocken	3.10	30:53	9:57	31	9:56	236	12:38	12.10	1:38:17	8:07	40	33:47	313	42:12
Eiserner Handwe	3.60	20:00	5:33	39	6:09	289	7:30	15.70	1:58:17	7:32	39	39:56	309	49:42
Schlüsie	4.10	20:43	5:03	42	7:27	330	8:19	19.80	2:19:00	7:01	41	47:23	315	57:59
Loddenke	3.10	16:53	5:26	40	5:15	337	6:33	22.90	2:35:53	6:48	40	52:28	317	1:04:32
Ilseburg/Markt	3.30	17:56	5:26	37	5:00	289	9:38	26.20	2:53:49	6:38	39	56:55	313	1:14:10