



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Portmann, Kai

Club: Berlin  
Number: 36

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:54:28

Speed: 8.94 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 358 (of 529)

Rank in course/Men: 317 (of 447)

Best time in course: 1:39:39

Rank in category: 60(of 85)

Best time in the category: 1:59:41

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	21:09	6:24	70	6:32	334	11:32	3.30	21:09	6:24	70	6:32	334	11:32
Schlüsie	3.10	24:16	7:49	66	7:39	323	10:26	6.40	45:25	7:05	69	14:11	338	19:21
Hermannsklippe	2.60	20:28	7:52	62	6:13	331	8:47	9.00	1:05:53	7:19	70	20:24	331	28:03
Brocken	3.10	32:48	10:34	56	10:04	312	14:33	12.10	1:38:41	8:09	61	30:19	318	42:36
Eiserner Handwe	3.60	20:28	5:41	58	5:53	310	7:58	15.70	1:59:09	7:35	62	36:12	319	50:34
Schlüsie	4.10	21:15	5:10	65	7:24	350	8:51	19.80	2:20:24	7:05	61	43:36	327	59:23
Loddenke	3.10	16:14	5:14	56	5:14	302	5:54	22.90	2:36:38	6:50	61	48:50	322	1:05:17
Ilseburg/Markt	3.30	17:50	5:24	53	5:57	285	9:32	26.20	2:54:28	6:39	60	54:47	317	1:14:49