



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Dönni, Daniel

Club: Braunschweig
Number: 490

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:54:47

Speed: 8.93 km/h
Running performance: 6:40 min/km

Rank in course/Total: 361 (of 529)

Rank in course/Men: 320 (of 447)

Best time in course: 1:39:39

Rank in category: 27(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	22:10	6:43	32	9:56	377	12:33	3.30	22:10	6:43	32	9:56	377	12:33
Schlüsie	3.10	25:49	8:19	35	11:59	392	11:59	6.40	47:59	7:29	32	21:55	387	21:55
Hermannsklippe	2.60	20:23	7:50	27	8:33	325	8:42	9.00	1:08:22	7:35	31	30:28	366	30:32
Brocken	3.10	32:31	10:29	25	14:13	302	14:16	12.10	1:40:53	8:20	29	44:41	346	44:48
Eiserner Handwe	3.60	18:25	5:06	23	5:54	209	5:55	15.70	1:59:18	7:35	27	50:35	320	50:43
Schlüsie	4.10	19:53	4:50	28	7:29	294	7:29	19.80	2:19:11	7:01	26	58:04	317	58:10
Loddenke	3.10	16:13	5:13	28	5:52	301	5:53	22.90	2:35:24	6:47	26	1:03:56	314	1:04:03
Ilseburg/Markt	3.30	19:23	5:52	33	8:07	348	11:05	26.20	2:54:47	6:40	27	1:12:03	320	1:15:08