



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ebeling, Matthias

Club: PSV Holzminden
Number: 350

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:55:03

Speed: 8.91 km/h
Running performance: 6:41 min/km

Rank in course/Total: 365 (of 529)

Rank in course/Men: 324 (of 447)

Best time in course: 1:39:39

Rank in category: 62(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	21:41	6:34	75	7:04	355	12:04	3.30	21:41	6:34	75	7:04	355	12:04
Schlüsie	3.10	24:20	7:50	67	7:43	327	10:30	6.40	46:01	7:11	72	14:47	346	19:57
Hermannsklippe	2.60	19:41	7:34	55	5:26	284	8:00	9.00	1:05:42	7:18	67	20:13	326	27:52
Brocken	3.10	33:32	10:49	59	10:48	321	15:17	12.10	1:39:14	8:12	62	30:52	323	43:09
Eiserner Handwe	3.60	20:30	5:41	59	5:55	311	8:00	15.70	1:59:44	7:37	63	36:47	326	51:09
Schlüsie	4.10	20:49	5:04	62	6:58	334	8:25	19.80	2:20:33	7:05	62	43:45	328	59:32
Loddenke	3.10	16:10	5:12	54	5:10	297	5:50	22.90	2:36:43	6:50	62	48:55	323	1:05:22
Ilseburg/Markt	3.30	18:20	5:33	61	6:27	312	10:02	26.20	2:55:03	6:40	62	55:22	324	1:15:24