



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Ossiek, Christian

Club: Bielefeld  
Number: 254

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:55:31

Speed: 8.89 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 369 (of 529)

Rank in course/Men: 326 (of 447)

Best time in course: 1:39:39

Rank in category: 40(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	22:09	6:42	43	8:05	376	12:32	3.30	22:09	6:42	43	8:05	376	12:32
Schlüsie	3.10	24:45	7:59	44	8:52	356	10:55	6.40	46:54	7:19	44	16:57	362	20:50
Hermannsklippe	2.60	20:12	7:46	43	6:36	323	8:31	9.00	1:07:06	7:27	43	23:33	348	29:16
Brocken	3.10	32:47	10:34	42	11:50	311	14:32	12.10	1:39:53	8:15	44	35:23	336	43:48
Eiserner Handwe	3.60	19:37	5:26	36	5:46	262	7:07	15.70	1:59:30	7:36	43	41:09	323	50:55
Schlüsie	4.10	19:26	4:44	38	6:10	274	7:02	19.80	2:18:56	7:01	40	47:19	314	57:55
Loddenke	3.10	16:57	5:28	41	5:19	341	6:37	22.90	2:35:53	6:48	40	52:28	317	1:04:32
Ilseburg/Markt	3.30	19:38	5:56	43	6:42	360	11:20	26.20	2:55:31	6:41	40	58:37	326	1:15:52