



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Schwenke, Jan

Club: Hannover  
Number: 55

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:55:55

Speed: 8.87 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 371 (of 529)

Rank in course/Men: 328 (of 447)

Best time in course: 1:39:39

Rank in category: 41(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	22:32	6:49	47	8:28	390	12:55	3.30	22:32	6:49	47	8:28	390	12:55
Schlüsie	3.10	24:41	7:57	43	8:48	353	10:51	6.40	47:13	7:22	45	17:16	369	21:09
Hermannsklippe	2.60	19:12	7:23	33	5:36	258	7:31	9.00	1:06:25	7:22	41	22:52	341	28:35
Brocken	3.10	31:47	10:15	37	10:50	278	13:32	12.10	1:38:12	8:06	39	33:42	312	42:07
Eiserner Handwe	3.60	19:50	5:30	38	5:59	274	7:20	15.70	1:58:02	7:31	38	39:41	305	49:27
Schlüsie	4.10	20:12	4:55	40	6:56	311	7:48	19.80	2:18:14	6:58	38	46:37	305	57:13
Loddenke	3.10	17:01	5:29	42	5:23	345	6:41	22.90	2:35:15	6:46	39	51:50	311	1:03:54
Ilseburg/Markt	3.30	20:40	6:15	47	7:44	384	12:22	26.20	2:55:55	6:42	41	59:01	328	1:16:16