



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Jakob, Philipp

Club: Martinroda
Number: 197

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:56:05

Speed: 8.86 km/h
Running performance: 6:43 min/km

Rank in course/Total: 373 (of 529)

Rank in course/Men: 330 (of 447)

Best time in course: 1:39:39

Rank in category: 62(of 75)

Best time in the category: 1:57:42

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	20:58	6:21	58	6:31	320	11:21	3.30	20:58	6:21	58	6:31	320	11:21
Schlüsie	3.10	23:57	7:43	60	8:07	312	10:07	6.40	44:55	7:01	59	14:38	322	18:51
Hermannsklippe	2.60	20:05	7:43	59	6:35	308	8:24	9.00	1:05:00	7:13	60	21:13	316	27:10
Brocken	3.10	34:16	11:03	61	13:00	341	16:01	12.10	1:39:16	8:12	61	34:13	325	43:11
Eiserner Handwe	3.60	20:18	5:38	57	6:49	301	7:48	15.70	1:59:34	7:36	61	41:02	324	50:59
Schlüsie	4.10	20:08	4:54	56	7:11	306	7:44	19.80	2:19:42	7:03	61	48:13	324	58:41
Loddenke	3.10	16:27	5:18	59	5:15	317	6:07	22.90	2:36:09	6:49	61	52:42	319	1:04:48
Ilseburg/Markt	3.30	19:56	6:02	67	7:16	365	11:38	26.20	2:56:05	6:43	62	58:23	330	1:16:26