



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Reuß, Steffen

Club: Ballenstedt
Number: 356

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:56:45

Speed: 8.83 km/h
Running performance: 6:45 min/km

Rank in course/Total: 378 (of 529)

Rank in course/Men: 332 (of 447)

Best time in course: 1:39:39

Rank in category: 64(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	19:51	6:00	53	5:14	260	10:14	3.30	19:51	6:00	53	5:14	260	10:14
Schlüsie	3.10	23:42	7:38	58	7:05	297	9:52	6.40	43:33	6:48	57	12:19	286	17:29
Hermannsklippe	2.60	19:26	7:28	51	5:11	272	7:45	9.00	1:02:59	6:59	53	17:30	277	25:09
Brocken	3.10	26:30	8:32	15	3:46	76	8:15	12.10	1:29:29	7:23	41	21:07	210	33:24
Eiserner Handwe	3.60	32:45	9:05	85	18:10	444	20:15	15.70	2:02:14	7:47	67	39:17	352	53:39
Schlüsie	4.10	20:11	4:55	57	6:20	310	7:47	19.80	2:22:25	7:11	66	45:37	346	1:01:24
Loddenke	3.10	16:07	5:11	53	5:07	295	5:47	22.90	2:38:32	6:55	64	50:44	334	1:07:11
Ilseburg/Markt	3.30	18:13	5:31	59	6:20	308	9:55	26.20	2:56:45	6:44	64	57:04	332	1:17:06