



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ehmann, Sebastian

Club: Zeuthen
Number: 171

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:59:05

Speed: 8.71 km/h
Running performance: 6:50 min/km

Rank in course/Total: 396 (of 529)

Rank in course/Men: 347 (of 447)

Best time in course: 1:39:39

Rank in category: 43(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	21:09	6:24	38	7:05	334	11:32	3.30	21:09	6:24	38	7:05	334	11:32
Schlüsie	3.10	24:27	7:53	41	8:34	334	10:37	6.40	45:36	7:07	40	15:39	342	19:32
Hermannsklippe	2.60	20:54	8:02	45	7:18	344	9:13	9.00	1:06:30	7:23	42	22:57	344	28:40
Brocken	3.10	32:42	10:32	41	11:45	308	14:27	12.10	1:39:12	8:11	43	34:42	322	43:07
Eiserner Handwe	3.60	21:51	6:04	47	8:00	360	9:21	15.70	2:01:03	7:42	44	42:42	336	52:28
Schlüsie	4.10	20:27	4:59	41	7:11	322	8:03	19.80	2:21:30	7:08	44	49:53	337	1:00:29
Loddenke	3.10	17:11	5:32	44	5:33	350	6:51	22.90	2:38:41	6:55	43	55:16	337	1:07:20
Ilseburg/Markt	3.30	20:24	6:10	45	7:28	378	12:06	26.20	2:59:05	6:50	43	1:02:11	347	1:19:26