



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Cools, Zegar

Club: Berlin
Number: 61

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:59:25

Speed: 8.69 km/h
Running performance: 6:51 min/km

Rank in course/Total: 397 (of 529)

Rank in course/Men: 348 (of 447)

Best time in course: 1:39:39

Rank in category: 50(of 59)

Best time in the category: 1:54:51

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	21:38	6:33	52	7:38	353	12:01	3.30	21:38	6:33	52	7:38	353	12:01
Schlüsie	3.10	24:36	7:56	52	8:27	345	10:46	6.40	46:14	7:13	52	16:05	358	20:10
Hermannsklippe	2.60	19:49	7:37	49	6:08	296	8:08	9.00	1:06:03	7:20	50	22:05	334	28:13
Brocken	3.10	30:34	9:51	37	10:08	220	12:19	12.10	1:36:37	7:59	49	31:26	299	40:32
Eiserner Handwe	3.60	21:25	5:56	50	8:04	346	8:55	15.70	1:58:02	7:31	49	39:30	305	49:27
Schlüsie	4.10	21:21	5:12	49	8:40	353	8:57	19.80	2:19:23	7:02	49	48:10	319	58:22
Loddenke	3.10	18:20	5:54	51	7:33	375	8:00	22.90	2:37:43	6:53	49	54:18	330	1:06:22
Ilseburg/Markt	3.30	21:42	6:34	55	9:34	395	13:24	26.20	2:59:25	6:50	50	1:04:34	348	1:19:46