



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Puth, Georg

Club: Siegburg
Number: 94

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:00:03

Speed: 8.66 km/h
Running performance: 6:52 min/km

Rank in course/Total: 401 (of 529)

Rank in course/Men: 352 (of 447)

Best time in course: 1:39:39

Rank in category: 44(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	22:31	6:49	46	8:27	386	12:54	3.30	22:31	6:49	46	8:27	386	12:54
Schlüsie	3.10	25:24	8:11	48	9:31	376	11:34	6.40	47:55	7:29	48	17:58	382	21:51
Hermannsklippe	2.60	19:55	7:39	40	6:19	301	8:14	9.00	1:07:50	7:32	45	24:17	359	30:00
Brocken	3.10	32:20	10:25	39	11:23	298	14:05	12.10	1:40:10	8:16	45	35:40	340	44:05
Eiserner Handwe	3.60	21:37	6:00	46	7:46	352	9:07	15.70	2:01:47	7:45	45	43:26	347	53:12
Schlüsie	4.10	20:59	5:07	43	7:43	339	8:35	19.80	2:22:46	7:12	45	51:09	348	1:01:45
Loddenke	3.10	17:07	5:31	43	5:29	348	6:47	22.90	2:39:53	6:58	45	56:28	344	1:08:32
Ilseburg/Markt	3.30	20:10	6:06	44	7:14	371	11:52	26.20	3:00:03	6:52	44	1:03:09	352	1:20:24