



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Liß, Sebastian

Club: Bahrdorf
Number: 373

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:00:22

Speed: 8.65 km/h
Running performance: 6:53 min/km

Rank in course/Total: 402 (of 529)

Rank in course/Men: 353 (of 447)

Best time in course: 1:39:39

Rank in category: 45(of 50)

Best time in the category: 1:56:54

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Loddenke	3.30	22:36	6:50	48	8:32	392	12:59	3.30	22:36	6:50	48	8:32	392	12:59
Schlüsie	3.10	23:37	7:37	36	7:44	295	9:47	6.40	46:13	7:13	43	16:16	357	20:09
Hermannsklippe	2.60	20:08	7:44	41	6:32	314	8:27	9.00	1:06:21	7:22	40	22:48	339	28:31
Brocken	3.10	31:10	10:03	32	10:13	243	12:55	12.10	1:37:31	8:03	37	33:01	306	41:26
Eiserner Handwe	3.60	21:17	5:54	44	7:26	339	8:47	15.70	1:58:48	7:34	40	40:27	314	50:13
Schlüsie	4.10	21:01	5:07	44	7:45	341	8:37	19.80	2:19:49	7:03	42	48:12	325	58:48
Loddenke	3.10	18:27	5:57	47	6:49	376	8:07	22.90	2:38:16	6:54	42	54:51	333	1:06:55
Ilseburg/Markt	3.30	22:06	6:41	49	9:10	400	13:48	26.20	3:00:22	6:53	45	1:03:28	353	1:20:43