



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Marx, Oliver

Club: AV-Test.org
Number: 152

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:00:54

Speed: 8.62 km/h
Running performance: 6:54 min/km

Rank in course/Total: 405 (of 529)

Rank in course/Men: 356 (of 447)

Best time in course: 1:39:39

Rank in category: 51(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	21:43	6:34	53	7:43	357	12:06	3.30	21:43	6:34	53	7:43	357	12:06
Schlüsie	3.10	24:58	8:03	54	8:49	363	11:08	6.40	46:41	7:17	53	16:32	361	20:37
Hermannsklippe	2.60	21:34	8:17	53	7:53	367	9:53	9.00	1:08:15	7:34	53	24:17	363	30:25
Brocken	3.10	34:32	11:08	50	14:06	349	16:17	12.10	1:42:47	8:29	52	37:36	361	46:42
Eiserner Handwe	3.60	21:16	5:54	48	7:55	337	8:46	15.70	2:04:03	7:54	52	45:31	359	55:28
Schlüsie	4.10	21:44	5:18	50	9:03	359	9:20	19.80	2:25:47	7:21	52	54:34	357	1:04:46
Loddenke	3.10	17:28	5:38	49	6:41	360	7:08	22.90	2:43:15	7:07	50	59:50	357	1:11:54
Ilseburg/Markt	3.30	17:39	5:20	43	5:31	276	9:21	26.20	3:00:54	6:54	51	1:06:03	356	1:21:15