



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lammers, Florian

Club: Osterburg
Number: 200

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 3:02:11

Speed: 8.56 km/h
Running performance: 6:57 min/km

Rank in course/Total: 407 (of 529)

Rank in course/Men: 358 (of 447)

Best time in course: 1:39:39

Rank in category: 32(of 36)

Best time in the category: 1:42:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:49	6:36	31	9:35	359	12:12	3.30	21:49	6:36	31	9:35	359	12:12
Schlüsie	3.10	25:21	8:10	31	11:31	372	11:31	6.40	47:10	7:22	31	21:06	366	21:06
Hermannsklippe	2.60	21:35	8:18	30	9:45	368	9:54	9.00	1:08:45	7:38	32	30:51	372	30:55
Brocken	3.10	34:39	11:10	29	16:21	352	16:24	12.10	1:43:24	8:32	30	47:12	365	47:19
Eiserner Handwe	3.60	22:18	6:11	32	9:47	371	9:48	15.70	2:05:42	8:00	31	56:59	369	57:07
Schlüsie	4.10	19:55	4:51	29	7:31	296	7:31	19.80	2:25:37	7:21	30	1:04:30	356	1:04:36
Loddenke	3.10	17:15	5:33	33	6:54	354	6:55	22.90	2:42:52	7:06	32	1:11:24	355	1:11:31
Ilseburg/Markt	3.30	19:19	5:51	32	8:03	346	11:01	26.20	3:02:11	6:57	32	1:19:27	358	1:22:32