



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Wernicke, Raik

Club: TGS Walldorf  
Number: 15

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:07:05

Speed: 8.34 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 429 (of 529)

Rank in course/Men: 373 (of 447)

Best time in course: 1:39:39

Rank in category: 64(of 75)

Best time in the category: 1:57:42

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	21:09	6:24	60	6:42	334	11:32	3.30	21:09	6:24	60	6:42	334	11:32
Schlüsie	3.10	24:40	7:57	65	8:50	352	10:50	6.40	45:49	7:09	62	15:32	344	19:45
Hermannsklippe	2.60	22:23	8:36	67	8:53	382	10:42	9.00	1:08:12	7:34	65	24:25	361	30:22
Brocken	3.10	35:14	11:21	65	13:58	362	16:59	12.10	1:43:26	8:32	64	38:23	366	47:21
Eiserner Handwe	3.60	22:08	6:08	64	8:39	367	9:38	15.70	2:05:34	7:59	64	47:02	368	56:59
Schlüsie	4.10	21:00	5:07	62	8:03	340	8:36	19.80	2:26:34	7:24	64	55:05	368	1:05:33
Loddenke	3.10	18:53	6:05	72	7:41	388	8:33	22.90	2:45:27	7:13	64	1:02:00	366	1:14:06
Ilseburg/Markt	3.30	21:38	6:33	72	8:58	393	13:20	26.20	3:07:05	7:08	64	1:09:23	373	1:27:26