



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Reulecke, Dino

Club: Klaushof Langeln
Number: 388

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:09:16

Speed: 8.24 km/h
Running performance: 7:13 min/km

Rank in course/Total: 438 (of 529)

Rank in course/Men: 381 (of 447)

Best time in course: 1:39:39

Rank in category: 72(of 85)

Best time in the category: 1:59:41

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	23:39	7:10	82	9:02	417	14:02	3.30	23:39	7:10	82	9:02	417	14:02
Schlüsie	3.10	27:24	8:50	79	10:47	418	13:34	6.40	51:03	7:58	78	19:49	417	24:59
Hermannsklippe	2.60	23:51	9:10	78	9:36	414	12:10	9.00	1:14:54	8:19	79	29:25	417	37:04
Brocken	3.10	38:45	12:30	78	16:01	413	20:30	12.10	1:53:39	9:23	79	45:17	419	57:34
Eiserner Handwe	3.60	20:06	5:35	53	5:31	292	7:36	15.70	2:13:45	8:31	76	50:48	406	1:05:10
Schlüsie	4.10	19:05	4:39	51	5:14	254	6:41	19.80	2:32:50	7:43	74	56:02	388	1:11:49
Loddenke	3.10	16:44	5:23	65	5:44	333	6:24	22.90	2:49:34	7:24	72	1:01:46	381	1:18:13
Ilseburg/Markt	3.30	19:42	5:58	68	7:49	363	11:24	26.20	3:09:16	7:13	72	1:09:35	381	1:29:37