



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Chang, Kim

Club: Erst Laufen dann Saufen
Number: 594

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:09:40

Speed: 8.22 km/h
Running performance: 7:14 min/km

Rank in course/Total: 441 (of 529)

Rank in course/Men: 384 (of 447)

Best time in course: 1:39:39

Rank in category: 47(of 50)

Best time in the category: 1:56:54

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	23:46	7:12	49	9:42	418	14:09	3.30	23:46	7:12	49	9:42	418	14:09
Schlüsie	3.10	25:52	8:20	49	9:59	394	12:02	6.40	49:38	7:45	49	19:41	404	23:34
Hermannsklippe	2.60	23:38	9:05	48	10:02	409	11:57	9.00	1:13:16	8:08	49	29:43	409	35:26
Brocken	3.10	37:18	12:01	47	16:21	395	19:03	12.10	1:50:34	9:08	48	46:04	405	54:29
Eiserner Handwe	3.60	22:58	6:22	48	9:07	385	10:28	15.70	2:13:32	8:30	48	55:11	404	1:04:57
Schlüsie	4.10	23:11	5:39	47	9:55	395	10:47	19.80	2:36:43	7:54	48	1:05:06	402	1:15:42
Loddenke	3.10	15:53	5:07	37	4:15	282	5:33	22.90	2:52:36	7:32	48	1:09:11	388	1:21:15
Ilseburg/Markt	3.30	17:04	5:10	34	4:08	247	8:46	26.20	3:09:40	7:14	47	1:12:46	384	1:30:01