



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kaßburg, Gunnar

Club: Rostock
Number: 316

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:11:02

Speed: 8.17 km/h
Running performance: 7:17 min/km

Rank in course/Total: 446 (of 529)

Rank in course/Men: 387 (of 447)

Best time in course: 1:39:39

Rank in category: 56(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	24:32	7:26	59	10:32	431	14:55	3.30	24:32	7:26	59	10:32	431	14:55
Schlüsie	3.10	26:08	8:25	57	9:59	400	12:18	6.40	50:40	7:54	58	20:31	414	24:36
Hermannsklippe	2.60	23:37	9:05	58	9:56	408	11:56	9.00	1:14:17	8:15	57	30:19	412	36:27
Brocken	3.10	35:27	11:26	52	15:01	365	17:12	12.10	1:49:44	9:04	57	44:33	400	53:39
Eiserner Handwe	3.60	23:12	6:26	55	9:51	392	10:42	15.70	2:12:56	8:28	56	54:24	398	1:04:21
Schlüsie	4.10	21:51	5:19	51	9:10	364	9:27	19.80	2:34:47	7:49	56	1:03:34	395	1:13:46
Loddenke	3.10	17:21	5:35	48	6:34	358	7:01	22.90	2:52:08	7:31	55	1:08:43	387	1:20:47
Ilseburg/Markt	3.30	18:54	5:43	46	6:46	330	10:36	26.20	3:11:02	7:17	56	1:16:11	387	1:31:23