



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Gnoyke, Björn

Club: Eckl's Home/ TEA
Number: 143

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:11:56

Speed: 8.13 km/h
Running performance: 7:20 min/km

Rank in course/Total: 451 (of 529)

Rank in course/Men: 391 (of 447)

Best time in course: 1:39:39

Rank in category: 69(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.	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	22:19	6:45	69	7:52	382	12:42	3.30	22:19	6:45	69	7:52	382	12:42
Schlüsie	3.10	25:03	8:04	67	9:13	367	11:13	6.40	47:22	7:24	67	17:05	373	21:18
Hermannsklippe	2.60	23:39	9:05	70	10:09	410	11:58	9.00	1:11:01	7:53	70	27:14	398	33:11
Brocken	3.10	37:10	11:59	69	15:54	393	18:55	12.10	1:48:11	8:56	71	43:08	394	52:06
Eiserner Handwe	3.60	27:05	7:31	74	13:36	430	14:35	15.70	2:15:16	8:36	72	56:44	413	1:06:41
Schlüsie	4.10	20:55	5:06	60	7:58	337	8:31	19.80	2:36:11	7:53	70	1:04:42	399	1:15:10
Loddenke	3.10	17:05	5:30	63	5:53	347	6:45	22.90	2:53:16	7:33	70	1:09:49	393	1:21:55
Ilseburg/Markt	3.30	18:40	5:39	55	6:00	324	10:22	26.20	3:11:56	7:19	69	1:14:14	391	1:32:17