



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Meier, René

Club: NIX tun kann jeder
Number: 34

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:12:12

Speed: 8.12 km/h
Running performance: 7:20 min/km

Rank in course/Total: 453 (of 529)

Rank in course/Men: 393 (of 447)

Best time in course: 1:39:39

Rank in category: 70(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	21:03	6:22	59	6:36	329	11:26	3.30	21:03	6:22	59	6:36	329	11:26
Schlüsie	3.10	25:00	8:03	66	9:10	364	11:10	6.40	46:03	7:11	64	15:46	348	19:59
Hermannsklippe	2.60	24:24	9:23	72	10:54	423	12:43	9.00	1:10:27	7:49	69	26:40	389	32:37
Brocken	3.10	33:29	10:48	58	12:13	320	15:14	12.10	1:43:56	8:35	65	38:53	370	47:51
Eiserner Handwe	3.60	23:18	6:28	66	9:49	394	10:48	15.70	2:07:14	8:06	65	48:42	374	58:39
Schlüsie	4.10	25:00	6:05	72	12:03	413	12:36	19.80	2:32:14	7:41	69	1:00:45	384	1:11:13
Loddenke	3.10	18:41	6:01	71	7:29	384	8:21	22.90	2:50:55	7:27	69	1:07:28	384	1:19:34
Ilseburg/Markt	3.30	21:17	6:26	71	8:37	388	12:59	26.20	3:12:12	7:20	70	1:14:30	393	1:32:33