



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sprenger, Jon

Club: Hannover
Number: 48

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:12:16

Speed: 8.11 km/h
Running performance: 7:20 min/km

Rank in course/Total: 454 (of 529)

Rank in course/Men: 394 (of 447)

Best time in course: 1:39:39

Rank in category: 48(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	21:07	6:23	37	7:03	332	11:30	3.30	21:07	6:23	37	7:03	332	11:30
Schlüsie	3.10	25:01	8:04	45	9:08	365	11:11	6.40	46:08	7:12	42	16:11	350	20:04
Hermannsklippe	2.60	24:23	9:22	49	10:47	422	12:42	9.00	1:10:31	7:50	48	26:58	392	32:41
Brocken	3.10	33:28	10:47	43	12:31	319	15:13	12.10	1:43:59	8:35	46	39:29	371	47:54
Eiserner Handwe	3.60	23:20	6:28	49	9:29	395	10:50	15.70	2:07:19	8:06	46	48:58	376	58:44
Schlüsie	4.10	24:59	6:05	49	11:43	412	12:35	19.80	2:32:18	7:41	46	1:00:41	386	1:11:17
Loddenke	3.10	18:41	6:01	49	7:03	384	8:21	22.90	2:50:59	7:27	46	1:07:34	385	1:19:38
Ilseburg/Markt	3.30	21:17	6:26	48	8:21	388	12:59	26.20	3:12:16	7:20	48	1:15:22	394	1:32:37