



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Pouwels, Jan

Club: Duiven  
Number: 424

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 3:15:06

Speed: 8.00 km/h  
Running performance: 7:27 min/km

Rank in course/Total: 457 (of 529)

Rank in course/Men: 396 (of 447)

Best time in course: 1:39:39

Rank in category: 22(of 29)

Best time in the category: 2:22:45

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	21:26	6:29	16	4:22	346	11:49	3.30	21:26	6:29	16	4:22	346	11:49
Schlüsie	3.10	25:35	8:15	20	6:02	384	11:45	6.40	47:01	7:20	18	10:24	364	20:57
Hermannsklippe	2.60	23:36	9:04	25	6:23	406	11:55	9.00	1:10:37	7:50	21	16:47	393	32:47
Brocken	3.10	38:29	12:24	25	11:24	410	20:14	12.10	1:49:06	9:00	23	27:41	396	53:01
Eiserner Handwe	3.60	23:06	6:25	22	6:41	389	10:36	15.70	2:12:12	8:25	25	33:38	394	1:03:37
Schlüsie	4.10	22:31	5:29	22	6:38	380	10:07	19.80	2:34:43	7:48	24	40:16	394	1:13:42
Loddenke	3.10	18:39	6:00	21	5:32	382	8:19	22.90	2:53:22	7:34	21	45:38	394	1:22:01
Ilseburg/Markt	3.30	21:44	6:35	23	6:55	396	13:26	26.20	3:15:06	7:26	22	52:21	396	1:35:27