



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Laube, Stefan

Club: bomlitz
Number: 129

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:22:05

Speed: 7.72 km/h
Running performance: 7:43 min/km

Rank in course/Total: 479 (of 529)

Rank in course/Men: 411 (of 447)

Best time in course: 1:39:39

Rank in category: 78(of 85)

Best time in the category: 1:59:41

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	21:16	6:26	71	6:39	339	11:39	3.30	21:16	6:26	71	6:39	339	11:39
Schlüsie	3.10	24:53	8:01	74	8:16	359	11:03	6.40	46:09	7:12	73	14:55	351	20:05
Hermannsklippe	2.60	24:18	9:20	79	10:03	420	12:37	9.00	1:10:27	7:49	73	24:58	389	32:37
Brocken	3.10	41:01	13:13	82	18:17	429	22:46	12.10	1:51:28	9:12	77	43:06	410	55:23
Eiserner Handwe	3.60	20:45	5:45	61	6:10	317	8:15	15.70	2:12:13	8:25	74	49:16	395	1:03:38
Schlüsie	4.10	22:17	5:26	72	8:26	372	9:53	19.80	2:34:30	7:48	75	57:42	391	1:13:29
Loddenke	3.10	22:26	7:14	77	11:26	419	12:06	22.90	2:56:56	7:43	77	1:09:08	401	1:25:35
Ilseburg/Markt	3.30	25:09	7:37	80	13:16	428	16:51	26.20	3:22:05	7:42	78	1:22:24	411	1:42:26