



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Leidel, Lars

Club: Stendal  
Number: 239

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:22:41

Speed: 7.70 km/h  
Running performance: 7:44 min/km

Rank in course/Total: 482 (of 529)

Rank in course/Men: 414 (of 447)

Best time in course: 1:39:39

Rank in category: 73(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	22:05	6:41	67	7:38	372	12:28	3.30	22:05	6:41	67	7:38	372	12:28	
Schlüsie	3.10	25:38	8:16	69	9:48	386	11:48	6.40	47:43	7:27	68	17:26	378	21:39	
Hermannsklippe	2.60	22:24	8:36	68	8:54	385	10:43	9.00	1:10:07	7:47	67	26:20	384	32:17	
Brocken	3.10	36:03	11:37	67	14:47	373	17:48	12.10	1:46:10	8:46	69	41:07	385	50:05	
Eiserner Handwe	3.60	26:57	7:29	73	13:28	429	14:27	15.70	2:13:07	8:28	70	54:35	400	1:04:32	
Schlüsie	4.10	25:18	6:10	73	12:21	416	12:54	19.80	2:38:25	8:00	72	1:06:56	408	1:17:24	
Loddenke	3.10	20:55	6:44	73	9:43	411	10:35	22.90	2:59:20	7:49	73	1:15:53	412	1:27:59	
Ilseburg/Markt	3.30	23:21	7:04	74	10:41	414	15:03	26.20	3:22:41	7:44	73	1:24:59	414	1:43:02	