



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kyris, Daniel

Club: Stendal
Number: 240

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:22:42

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

Rank in course/Total: 483 (of 529)

Rank in course/Men: 415 (of 447)

Best time in course: 1:39:39

Rank in category: 57(of 59)

Best time in the category: 1:54:51

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	22:07	6:42	54	8:07	373	12:30	3.30	22:07	6:42	54	8:07	373	12:30
Schlüsie	3.10	25:38	8:16	56	9:29	386	11:48	6.40	47:45	7:27	54	17:36	379	21:41
Hermannsklippe	2.60	22:23	8:36	56	8:42	382	10:42	9.00	1:10:08	7:47	56	26:10	385	32:18
Brocken	3.10	36:05	11:38	55	15:39	377	17:50	12.10	1:46:13	8:46	56	41:02	386	50:08
Eiserner Handwe	3.60	27:06	7:31	57	13:45	432	14:36	15.70	2:13:19	8:29	57	54:47	402	1:04:44
Schlüsie	4.10	25:06	6:07	57	12:25	414	12:42	19.80	2:38:25	8:00	57	1:07:12	408	1:17:24
Loddenke	3.10	21:06	6:48	58	10:19	415	10:46	22.90	2:59:31	7:50	56	1:16:06	413	1:28:10
Ilseburg/Markt	3.30	23:11	7:01	56	11:03	411	14:53	26.20	3:22:42	7:44	57	1:27:51	415	1:43:03