



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Rust, Patrick

Club: Langenhagen  
Number: 280

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:31:41

Speed: 7.37 km/h  
Running performance: 8:05 min/km

Rank in course/Total: 496 (of 529)

Rank in course/Men: 421 (of 447)

Best time in course: 1:39:39

Rank in category: 50(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	25:38	7:46	50	11:34	438	16:01	3.30	25:38	7:46	50	11:34	438	16:01
Schlüsie	3.10	29:26	9:29	50	13:33	426	15:36	6.40	55:04	8:36	50	25:07	436	29:00
Hermannsklippe	2.60	22:29	8:38	46	8:53	389	10:48	9.00	1:17:33	8:37	50	34:00	427	39:43
Brocken	3.10	41:51	13:30	50	20:54	435	23:36	12.10	1:59:24	9:52	50	54:54	428	1:03:19
Eiserner Handwe	3.60	21:31	5:58	45	7:40	348	9:01	15.70	2:20:55	8:58	50	1:02:34	423	1:12:20
Schlüsie	4.10	30:39	7:28	50	17:23	441	18:15	19.80	2:51:34	8:39	50	1:19:57	426	1:30:33
Loddenke	3.10	19:32	6:18	50	7:54	397	9:12	22.90	3:11:06	8:20	50	1:27:41	422	1:39:45
Ilseburg/Markt	3.30	20:35	6:14	46	7:39	383	12:17	26.20	3:31:41	8:04	50	1:34:47	421	1:52:02