



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Reising, Marcel

Club: Erst laufen dann saufen
Number: 559

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:35:26

Speed: 7.24 km/h
Running performance: 8:13 min/km

Rank in course/Total: 501 (of 529)

Rank in course/Men: 424 (of 447)

Best time in course: 1:39:39

Rank in category: 74(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.	Pos Men	Behind Men	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	25:29	7:43	75	11:02	436	15:52	3.30	25:29	7:43	75	11:02	436	15:52
Schlüsie	3.10	28:53	9:19	75	13:03	425	15:03	6.40	54:22	8:29	75	24:05	433	28:18
Hermannsklippe	2.60	24:31	9:25	73	11:01	425	12:50	9.00	1:18:53	8:45	75	35:06	430	41:03
Brocken	3.10	38:19	12:21	74	17:03	408	20:04	12.10	1:57:12	9:41	74	52:09	425	1:01:07
Eiserner Handwe	3.60	27:05	7:31	74	13:36	430	14:35	15.70	2:24:17	9:11	74	1:05:45	426	1:15:42
Schlüsie	4.10	26:52	6:33	74	13:55	425	14:28	19.80	2:51:09	8:38	74	1:19:40	425	1:30:08
Loddenke	3.10	21:24	6:54	74	10:12	417	11:04	22.90	3:12:33	8:24	74	1:29:06	424	1:41:12
Ilseburg/Markt	3.30	22:53	6:56	73	10:13	410	14:35	26.20	3:35:26	8:13	74	1:37:44	424	1:55:47