



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Händel, Thomas

Club: Jena  
Number: 321

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:42:22

Speed: 7.02 km/h  
Running performance: 8:29 min/km

Rank in course/Total: 509 (of 529)

Rank in course/Men: 430 (of 447)

Best time in course: 1:39:39

Rank in category: 75(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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	24:19	7:22	74	9:52	426	14:42	3.30	24:19	7:22	74	9:52	426	14:42
Schlüsie	3.10	28:44	9:16	74	12:54	423	14:54	6.40	53:03	8:17	74	22:46	426	26:59
Hermannsklippe	2.60	24:49	9:32	74	11:19	429	13:08	9.00	1:17:52	8:39	74	34:05	428	40:02
Brocken	3.10	41:28	13:22	75	20:12	433	23:13	12.10	1:59:20	9:51	75	54:17	427	1:03:15
Eiserner Handwe	3.60	26:31	7:21	72	13:02	425	14:01	15.70	2:25:51	9:17	75	1:07:19	431	1:17:16
Schlüsie	4.10	27:00	6:35	75	14:03	426	14:36	19.80	2:52:51	8:43	75	1:21:22	427	1:31:50
Loddenke	3.10	24:40	7:57	75	13:28	435	14:20	22.90	3:17:31	8:37	75	1:34:04	429	1:46:10
Ilseburg/Markt	3.30	24:51	7:31	75	12:11	425	16:33	26.20	3:42:22	8:29	75	1:44:40	430	2:02:43