



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Skara, Svein Amund

Club: Oslo
Number: 10

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:44:04

Speed: 6.96 km/h
Running performance: 8:33 min/km

Rank in course/Total: 512 (of 529)

Rank in course/Men: 433 (of 447)

Best time in course: 1:39:39

Rank in category: 51(of 58)

Best time in the category: 2:02:30

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	24:18	7:21	51	9:13	425	14:41	3.30	24:18	7:21	51	9:13	425	14:41
Schlüsie	3.10	28:08	9:04	51	11:18	421	14:18	6.40	52:26	8:11	51	20:31	423	26:22
Hermannsklippe	2.60	23:59	9:13	51	9:48	417	12:18	9.00	1:16:25	8:29	51	30:19	422	38:35
Brocken	3.10	39:32	12:45	51	16:48	418	21:17	12.10	1:55:57	9:34	51	47:07	423	59:52
Eiserner Handwe	3.60	28:34	7:56	51	13:43	438	16:04	15.70	2:24:31	9:12	51	1:00:50	427	1:15:56
Schlüsie	4.10	30:06	7:20	54	15:54	440	17:42	19.80	2:54:37	8:49	51	1:16:44	432	1:33:36
Loddenke	3.10	24:31	7:54	52	12:58	432	14:11	22.90	3:19:08	8:41	51	1:29:42	431	1:47:47
Ilseburg/Markt	3.30	24:56	7:33	52	11:52	426	16:38	26.20	3:44:04	8:33	51	1:41:34	433	2:04:25