



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Leonhard, Rico

Club: Berlin
Number: 353

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:44:25

Speed: 6.95 km/h
Running performance: 8:34 min/km

Rank in course/Total: 514 (of 529)

Rank in course/Men: 435 (of 447)

Best time in course: 1:39:39

Rank in category: 59(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	24:30	7:25	58	10:30	429	14:53	3.30	24:30	7:25	58	10:30	429	14:53
Schlüsie	3.10	29:46	9:36	59	13:37	428	15:56	6.40	54:16	8:28	59	24:07	431	28:12
Hermannsklippe	2.60	22:25	8:37	57	8:44	386	10:44	9.00	1:16:41	8:31	59	32:43	423	38:51
Brocken	3.10	44:41	14:24	59	24:15	440	26:26	12.10	2:01:22	10:01	59	56:11	434	1:05:17
Eiserner Handwe	3.60	30:27	8:27	59	17:06	441	17:57	15.70	2:31:49	9:40	59	1:13:17	439	1:23:14
Schlüsie	4.10	27:39	6:44	58	14:58	427	15:15	19.80	2:59:28	9:03	59	1:28:15	435	1:38:27
Loddenke	3.10	20:58	6:45	56	10:11	412	10:38	22.90	3:20:26	8:45	58	1:37:01	433	1:49:05
Ilseburg/Markt	3.30	23:59	7:16	58	11:51	419	15:41	26.20	3:44:25	8:33	59	1:49:34	435	2:04:46