



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Koß, Rainhard

Club: Sv-kollenbeck  
Number: 564

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:59:37

Speed: 6.51 km/h  
Running performance: 9:09 min/km

Rank in course/Total: 522 (of 529)

Rank in course/Men: 443 (of 447)

Best time in course: 1:39:39

Rank in category: 54(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	23:15	7:02	50	8:10	408	13:38	3.30	23:15	7:02	50	8:10	408	13:38
Schlüsie	3.10	29:47	9:36	53	12:57	430	15:57	6.40	53:02	8:17	52	21:07	425	26:58
Hermannsklippe	2.60	27:27	10:33	54	13:16	442	15:46	9.00	1:20:29	8:56	53	34:23	433	42:39
Brocken	3.10	42:25	13:40	54	19:41	438	24:10	12.10	2:02:54	10:09	53	54:04	437	1:06:49
Eiserner Handwe	3.60	25:32	7:05	50	10:41	420	13:02	15.70	2:28:26	9:27	52	1:04:45	435	1:19:51
Schlüsie	4.10	33:48	8:14	56	19:36	445	21:24	19.80	3:02:14	9:12	53	1:24:21	440	1:41:13
Loddenke	3.10	28:04	9:03	55	16:31	440	17:44	22.90	3:30:18	9:11	53	1:40:52	438	1:58:57
Ilseburg/Markt	3.30	29:19	8:53	55	16:15	441	21:01	26.20	3:59:37	9:08	54	1:57:07	443	2:19:58