



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

FAHNING, Birger

Club: Hamburg
Number: 149

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:05:44

Speed: 12.41 km/h
Running performance: 4:48 min/km

Rank in course/Total: 32 (of 500)

Rank in course/Men: 31 (of 423)

Best time in course: 1:35:36

Rank in category: 8(of 85)

Best time in the category: 1:44:53

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	15:56	4:49	7	3:03	44	3:57	3.30	15:56	4:49	7	3:03	44	3:57
Schlüsie	3.10	16:37	5:21	8	2:11	31	3:52	6.40	32:33	5:05	7	5:14	36	7:49
Hermannsklippe	2.60	14:42	5:39	8	1:55	33	3:31	9.00	47:15	5:15	7	7:00	35	11:20
Brocken	3.10	22:25	7:13	5	2:37	23	5:01	12.10	1:09:40	5:45	6	9:37	28	16:21
Eiserner Handwe	3.60	15:56	4:25	11	4:04	61	4:16	15.70	1:25:36	5:27	6	13:41	30	20:37
Schlüsie	4.10	14:52	3:37	9	2:56	36	3:51	19.80	1:40:28	5:04	8	16:37	31	24:28
Loddenke	3.10	11:52	3:49	7	1:55	30	2:36	22.90	1:52:20	4:54	8	18:32	31	27:04
Ilseburg/Markt	3.30	13:24	4:03	7	2:19	42	3:04	26.20	2:05:44	4:47	8	20:51	31	30:08