



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

GAEDE, Christian

Club: MTK Bad Harzburg Triathlon
Number: 321

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:06:32

Speed: 12.33 km/h
Running performance: 4:50 min/km

Rank in course/Total: 34 (of 500)

Rank in course/Men: 33 (of 423)

Best time in course: 1:35:36

Rank in category: 6(of 45)

Best time in the category: 1:55:09

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	14:52	4:30	4	0:57	19	2:53	3.30	14:52	4:30	4	0:57	19	2:53
Schlüsie	3.10	16:52	5:26	7	1:35	38	4:07	6.40	31:44	4:57	5	2:31	23	7:00
Hermannsklippe	2.60	15:28	5:56	10	2:05	51	4:17	9.00	47:12	5:14	6	4:31	33	11:17
Brocken	3.10	24:01	7:44	8	3:05	39	6:37	12.10	1:11:13	5:53	9	7:26	39	17:54
Eiserner Handwe	3.60	14:49	4:06	5	1:09	23	3:09	15.70	1:26:02	5:28	5	8:35	32	21:03
Schlüsie	4.10	14:31	3:32	7	0:59	26	3:30	19.80	1:40:33	5:04	6	9:31	32	24:33
Loddenke	3.10	12:11	3:55	8	1:16	39	2:55	22.90	1:52:44	4:55	6	10:01	32	27:28
Ilseburg/Markt	3.30	13:48	4:10	7	1:54	65	3:28	26.20	2:06:32	4:49	6	11:23	33	30:56