



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

HELM, Jürgen

Club: LAG Wesertal
Number: 269

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:07:45

Speed: 12.21 km/h
Running performance: 4:53 min/km

Rank in course/Total: 37 (of 500)

Rank in course/Men: 36 (of 423)

Best time in course: 1:35:36

Rank in category: 1(of 45)

Best time in the category: 2:07:45

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	16:11	4:54	1	-	62	4:12	3.30	16:11	4:54	1	-	62	4:12
Schlüsie	3.10	17:21	5:35	1	-	52	4:36	6.40	33:32	5:14	1	-	57	8:48
Hermannsklippe	2.60	15:21	5:54	1	-	49	4:10	9.00	48:53	5:25	1	-	53	12:58
Brocken	3.10	25:23	8:11	3	0:29	71	7:59	12.10	1:14:16	6:08	1	-	54	20:57
Eiserner Handwe	3.60	14:30	4:01	1	-	15	2:50	15.70	1:28:46	5:39	1	-	48	23:47
Schlüsie	4.10	14:05	3:26	1	-	19	3:04	19.80	1:42:51	5:11	1	-	37	26:51
Loddenke	3.10	11:48	3:48	1	-	25	2:32	22.90	1:54:39	5:00	1	-	36	29:23
Ilseburg/Markt	3.30	13:06	3:58	1	-	25	2:46	26.20	2:07:45	4:52	1	-	36	32:09