



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

LUBESADER, André

Club: Hannover Athletics
Number: 32

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:13:49

Speed: 11.66 km/h
Running performance: 5:07 min/km

Rank in course/Total: 71 (of 500)

Rank in course/Men: 68 (of 423)

Best time in course: 1:35:36

Rank in category: 14(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	17:00	5:09	17	4:07	88	5:01	3.30	17:00	5:09	17	4:07	88	5:01
Schlüsie	3.10	17:58	5:47	14	3:32	76	5:13	6.40	34:58	5:27	14	7:39	78	10:14
Hermannsklippe	2.60	15:58	6:08	15	3:11	72	4:47	9.00	50:56	5:39	15	10:41	81	15:01
Brocken	3.10	26:10	8:26	16	6:22	94	8:46	12.10	1:17:06	6:22	15	17:03	81	23:47
Eiserner Handwe	3.60	15:29	4:18	9	3:37	45	3:49	15.70	1:32:35	5:53	14	20:40	74	27:36
Schlüsie	4.10	15:02	3:40	10	3:06	44	4:01	19.80	1:47:37	5:26	14	23:46	70	31:37
Loddenke	3.10	12:30	4:01	11	2:33	54	3:14	22.90	2:00:07	5:14	14	26:19	71	34:51
Ilseburg/Markt	3.30	13:42	4:09	11	2:37	56	3:22	26.20	2:13:49	5:06	14	28:56	68	38:13