



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

WALDHAUS, Uwe

Club: SV Werder Bremen
Number: 239

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:14:20

Speed: 11.61 km/h
Running performance: 5:08 min/km

Rank in course/Total: 74 (of 500)

Rank in course/Men: 71 (of 423)

Best time in course: 1:35:36

Rank in category: 12(of 46)

Best time in the category: 1:41:40

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	16:10	4:53	9	3:59	58	4:11	3.30	16:10	4:53	9	3:59	58	4:11
Schlüsie	3.10	16:38	5:21	6	3:13	32	3:53	6.40	32:48	5:07	6	7:12	41	8:04
Hermannsklippe	2.60	14:35	5:36	5	2:38	28	3:24	9.00	47:23	5:15	5	9:50	36	11:28
Brocken	3.10	22:20	7:12	5	3:50	22	4:56	12.10	1:09:43	5:45	5	13:40	29	16:24
Eiserner Handwe	3.60	16:34	4:36	15	3:54	100	4:54	15.70	1:26:17	5:29	6	17:34	35	21:18
Schlüsie	4.10	17:25	4:14	22	5:28	166	6:24	19.80	1:43:42	5:14	7	23:02	43	27:42
Loddenke	3.10	14:40	4:43	28	4:40	227	5:24	22.90	1:58:22	5:10	10	27:42	61	33:06
Ilseburg/Markt	3.30	15:58	4:50	26	4:58	213	5:38	26.20	2:14:20	5:07	12	32:40	71	38:44