



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

HEIL, Ralf

Club: Wolfsburg
Number: 277

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:15:25

Speed: 11.52 km/h
Running performance: 5:10 min/km

Rank in course/Total: 77 (of 500)

Rank in course/Men: 74 (of 423)

Best time in course: 1:35:36

Rank in category: 10(of 67)

Best time in the category: 2:00:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	17:23	5:16	21	1:36	110	5:24	3.30	17:23	5:16	21	1:36	110	5:24	
Schlüsie	3.10	18:02	5:49	10	1:59	79	5:17	6.40	35:25	5:32	12	3:24	87	10:41	
Hermannsklippe	2.60	15:44	6:03	7	1:31	63	4:33	9.00	51:09	5:41	11	4:55	83	15:14	
Brocken	3.10	24:53	8:01	6	3:31	56	7:29	12.10	1:16:02	6:17	8	8:26	70	22:43	
Eiserner Handwe	3.60	16:25	4:33	17	1:52	91	4:45	15.70	1:32:27	5:53	10	8:55	73	27:28	
Schlüsie	4.10	16:48	4:05	27	2:43	137	5:47	19.80	1:49:15	5:31	10	11:09	81	33:15	
Loddenke	3.10	12:56	4:10	15	2:07	87	3:40	22.90	2:02:11	5:20	11	13:16	80	36:55	
Ilseburg/Markt	3.30	13:14	4:00	5	1:53	33	2:54	26.20	2:15:25	5:10	10	15:09	74	39:49	