



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

KOSTREWA, Bruno

Club: Delligser SC
Number: 455

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:15:29

Speed: 11.51 km/h
Running performance: 5:10 min/km

Rank in course/Total: 78 (of 500)

Rank in course/Men: 75 (of 423)

Best time in course: 1:35:36

Rank in category: 3(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	18:10	5:30	8	1:59	156	6:11	3.30	18:10	5:30	8	1:59	156	6:11
Schlüsie	3.10	19:00	6:07	6	1:39	125	6:15	6.40	37:10	5:48	7	3:38	137	12:26
Hermannsklippe	2.60	16:18	6:16	3	0:57	87	5:07	9.00	53:28	5:56	5	4:35	120	17:33
Brocken	3.10	25:02	8:04	2	0:08	61	7:38	12.10	1:18:30	6:29	4	4:14	94	25:11
Eiserner Handwe	3.60	15:59	4:26	4	1:29	64	4:19	15.70	1:34:29	6:01	4	5:43	87	29:30
Schlüsie	4.10	15:02	3:40	4	0:57	44	4:01	19.80	1:49:31	5:31	3	6:40	83	33:31
Loddenke	3.10	12:19	3:58	3	0:31	46	3:03	22.90	2:01:50	5:19	3	7:11	79	36:34
Ilseburg/Markt	3.30	13:39	4:08	3	0:33	53	3:19	26.20	2:15:29	5:10	3	7:44	75	39:53