



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SCHWEDER, Dirk

Club: WLV Wiesbaden
Number: 220

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:18:49

Speed: 11.24 km/h
Running performance: 5:18 min/km

Rank in course/Total: 98 (of 500)

Rank in course/Men: 94 (of 423)

Best time in course: 1:35:36

Rank in category: 17(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.	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	19:07	5:47	50	6:14	218	7:08	3.30	19:07	5:47	50	6:14	218	7:08
Schlüsie	3.10	18:19	5:54	17	3:53	89	5:34	6.40	37:26	5:50	32	10:07	148	12:42
Hermannsklippe	2.60	16:00	6:09	16	3:13	74	4:49	9.00	53:26	5:56	23	13:11	119	17:31
Brocken	3.10	26:43	8:37	20	6:55	112	9:19	12.10	1:20:09	6:37	21	20:06	113	26:50
Eiserner Handwe	3.60	15:35	4:19	10	3:43	49	3:55	15.70	1:35:44	6:05	17	23:49	99	30:45
Schlüsie	4.10	15:59	3:53	21	4:03	93	4:58	19.80	1:51:43	5:38	18	27:52	101	35:43
Loddenke	3.10	12:39	4:04	16	2:42	66	3:23	22.90	2:04:22	5:25	17	30:34	96	39:06
Ilseburg/Markt	3.30	14:27	4:22	21	3:22	93	4:07	26.20	2:18:49	5:17	17	33:56	94	43:13