



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

RIEMANN, Helge

Club: Nordhausen
Number: 417

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:21:26

Speed: 11.03 km/h
Running performance: 5:24 min/km

Rank in course/Total: 113 (of 500)

Rank in course/Men: 108 (of 423)

Best time in course: 1:35:36

Rank in category: 21(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	18:28	5:35	40	5:35	180	6:29	3.30	18:28	5:35	40	5:35	180	6:29
Schlüsie	3.10	19:01	6:08	26	4:35	127	6:16	6.40	37:29	5:51	33	10:10	151	12:45
Hermannsklippe	2.60	17:02	6:33	31	4:15	140	5:51	9.00	54:31	6:03	31	14:16	146	18:36
Brocken	3.10	27:32	8:52	26	7:44	141	10:08	12.10	1:22:03	6:46	29	22:00	143	28:44
Eiserner Handwe	3.60	16:01	4:26	13	4:09	68	4:21	15.70	1:38:04	6:14	23	26:09	122	33:05
Schlüsie	4.10	16:04	3:55	23	4:08	98	5:03	19.80	1:54:08	5:45	22	30:17	122	38:08
Loddenke	3.10	13:07	4:13	21	3:10	101	3:51	22.90	2:07:15	5:33	23	33:27	115	41:59
Ilseburg/Markt	3.30	14:11	4:17	18	3:06	78	3:51	26.20	2:21:26	5:23	21	36:33	109	45:50