



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Rox, Andreas

Club: Ebersbach
Number: 485

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:23:19

Speed: 10.88 km/h
Running performance: 5:28 min/km

Rank in course/Total: 130 (of 500)

Rank in course/Men: 125 (of 423)

Best time in course: 1:35:36

Rank in category: 7(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	18:12	5:30	9	2:01	161	6:13	3.30	18:12	5:30	9	2:01	161	6:13
Schlüsie	3.10	19:25	6:15	11	2:04	152	6:40	6.40	37:37	5:52	10	4:05	157	12:53
Hermannsklippe	2.60	17:08	6:35	9	1:47	148	5:57	9.00	54:45	6:04	10	5:52	151	18:50
Brocken	3.10	26:19	8:29	5	1:25	101	8:55	12.10	1:21:04	6:41	6	6:48	124	27:45
Eiserner Handwe	3.60	17:27	4:50	9	2:57	145	5:47	15.70	1:38:31	6:16	7	9:45	130	33:32
Schlüsie	4.10	16:17	3:58	6	2:12	105	5:16	19.80	1:54:48	5:47	6	11:57	126	38:48
Loddenke	3.10	13:23	4:19	7	1:35	122	4:07	22.90	2:08:11	5:35	7	13:32	126	42:55
Ilseburg/Markt	3.30	15:08	4:35	10	2:02	143	4:48	26.20	2:23:19	5:28	7	15:34	126	47:43