



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

MOEKER, Carsten

Club: MTV Vorsfelde Marathon
Number: 347

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:23:21

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

Rank in course/Total: 132 (of 500)

Rank in course/Men: 127 (of 423)

Best time in course: 1:35:36

Rank in category: 21(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:12	5:49	41	3:25	220	7:13	3.30	19:12	5:49	41	3:25	220	7:13
Schlüsie	3.10	19:43	6:21	30	3:40	173	6:58	6.40	38:55	6:04	34	6:54	192	14:11
Hermannsklippe	2.60	16:38	6:23	18	2:25	113	5:27	9.00	55:33	6:10	28	9:19	167	19:38
Brocken	3.10	27:45	8:57	23	6:23	151	10:21	12.10	1:23:18	6:53	27	15:42	160	29:59
Eiserner Handwe	3.60	16:13	4:30	12	1:40	76	4:33	15.70	1:39:31	6:20	25	15:59	142	34:32
Schlüsie	4.10	15:44	3:50	11	1:39	77	4:43	19.80	1:55:15	5:49	23	17:09	133	39:15
Loddenke	3.10	13:10	4:14	19	2:21	104	3:54	22.90	2:08:25	5:36	21	19:30	129	43:09
Ilseburg/Markt	3.30	14:56	4:31	23	3:35	130	4:36	26.20	2:23:21	5:28	21	23:05	128	47:45