



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Sass, Christoph

Club: Lipidambulanz Braunschweig
Number: 506

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:23:38

Speed: 10.86 km/h
Running performance: 5:29 min/km

Rank in course/Total: 134 (of 500)

Rank in course/Men: 129 (of 423)

Best time in course: 1:35:36

Rank in category: 8(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 | 17:25 | 5:16 | 5 | 1:14 | 112 | 5:26 | 3.30 | 17:25 | 5:16 | 5 | 1:14 | 112 | 5:26 |
| Schlüsie | 3.10 | 19:33 | 6:18 | 12 | 2:12 | 161 | 6:48 | 6.40 | 36:58 | 5:46 | 6 | 3:26 | 130 | 12:14 |
| Hermannsklippe | 2.60 | 17:29 | 6:43 | 10 | 2:08 | 172 | 6:18 | 9.00 | 54:27 | 6:03 | 9 | 5:34 | 144 | 18:32 |
| Brocken | 3.10 | 28:27 | 9:10 | 12 | 3:33 | 176 | 11:03 | 12.10 | 1:22:54 | 6:51 | 10 | 8:38 | 155 | 29:35 |
| Eiserner Handwe | 3.60 | 16:22 | 4:32 | 5 | 1:52 | 86 | 4:42 | 15.70 | 1:39:16 | 6:19 | 9 | 10:30 | 141 | 34:17 |
| Schlüsie | 4.10 | 17:05 | 4:10 | 10 | 3:00 | 152 | 6:04 | 19.80 | 1:56:21 | 5:52 | 9 | 13:30 | 142 | 40:21 |
| Loddenke | 3.10 | 13:30 | 4:21 | 8 | 1:42 | 132 | 4:14 | 22.90 | 2:09:51 | 5:40 | 9 | 15:12 | 139 | 44:35 |
| Ilseburg/Markt | 3.30 | 13:47 | 4:10 | 4 | 0:41 | 63 | 3:27 | 26.20 | 2:23:38 | 5:28 | 8 | 15:53 | 130 | 48:02 |