



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

HEINZ, Martin

Total time: 2:25:06

Club: Motto: Wir müssen aufhören weniger zu Laufen
Number: 296

Speed: 10.75 km/h

Running performance: 5:32 min/km

Course: 26.20 km
26,2 km - Lauf

Rank in course/Total: 144 (of 500)

Rank in course/Men: 138 (of 423)

Best time in course: 1:35:36

Category:

Rank in category: 23(of 53)

Senioren M40 (40-44 Jahre)

Best time in the category: 1:54:00

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	17:20	5:15	19	3:22	105	5:21	3.30	17:20	5:15	19	3:22	105	5:21
Schlüsie	3.10	18:22	5:55	16	2:49	91	5:37	6.40	35:42	5:34	16	6:11	97	10:58
Hermannsklippe	2.60	16:23	6:18	15	2:40	94	5:12	9.00	52:05	5:47	17	8:51	91	16:10
Brocken	3.10	25:51	8:20	14	5:12	81	8:27	12.10	1:17:56	6:26	15	13:35	86	24:37
Eiserner Handwe	3.60	16:35	4:36	16	3:18	103	4:55	15.70	1:34:31	6:01	15	16:53	88	29:32
Schlüsie	4.10	17:06	4:10	23	4:18	153	6:05	19.80	1:51:37	5:38	18	21:11	100	35:37
Loddenke	3.10	15:03	4:51	35	4:04	252	5:47	22.90	2:06:40	5:31	18	25:15	110	41:24
Ilseburg/Markt	3.30	18:26	5:35	46	5:51	345	8:06	26.20	2:25:06	5:32	23	31:06	139	49:30