



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

RESPONDEK, Oliver

Club: Laufftreff Ganderkesee
Number: 234

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:25:09

Speed: 10.75 km/h
Running performance: 5:32 min/km

Rank in course/Total: 145 (of 500)

Rank in course/Men: 139 (of 423)

Best time in course: 1:35:36

Rank in category: 28(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	17:27	5:17	22	4:34	117	5:28	3.30	17:27	5:17	22	4:34	117	5:28
Schlüsie	3.10	19:39	6:20	37	5:13	169	6:54	6.40	37:06	5:47	28	9:47	135	12:22
Hermannsklippe	2.60	16:42	6:25	24	3:55	119	5:31	9.00	53:48	5:58	25	13:33	126	17:53
Brocken	3.10	28:09	9:04	33	8:21	163	10:45	12.10	1:21:57	6:46	27	21:54	140	28:38
Eiserner Handwe	3.60	16:46	4:39	23	4:54	111	5:06	15.70	1:38:43	6:17	25	26:48	132	33:44
Schlüsie	4.10	17:20	4:13	37	5:24	164	6:19	19.80	1:56:03	5:51	27	32:12	140	40:03
Loddenke	3.10	13:53	4:28	36	3:56	165	4:37	22.90	2:09:56	5:40	27	36:08	140	44:40
Ilseburg/Markt	3.30	15:13	4:36	37	4:08	151	4:53	26.20	2:25:09	5:32	28	40:16	140	49:33