



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

GRIES, Karsten

Club: Laufwerk Sömmerda  
Number: 317

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:27:45

Speed: 10.56 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 159 (of 500)

Rank in course/Men: 153 (of 423)

Best time in course: 1:35:36

Rank in category: 26(of 67)

Best time in the category: 2:00:16

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Loddenke	3.30	18:06	5:29	28	2:19	150	6:07	3.30	18:06	5:29	28	2:19	150	6:07
Schlüsie	3.10	19:48	6:23	33	3:45	180	7:03	6.40	37:54	5:55	29	5:53	165	13:10
Hermannsklippe	2.60	17:39	6:47	33	3:26	187	6:28	9.00	55:33	6:10	28	9:19	167	19:38
Brocken	3.10	28:50	9:18	30	7:28	187	11:26	12.10	1:24:23	6:58	29	16:47	171	31:04
Eiserner Handwe	3.60	18:58	5:16	41	4:25	221	7:18	15.70	1:43:21	6:34	31	19:49	180	38:22
Schlüsie	4.10	17:01	4:09	30	2:56	148	6:00	19.80	2:00:22	6:04	31	22:16	174	44:22
Loddenke	3.10	13:13	4:15	21	2:24	109	3:57	22.90	2:13:35	5:50	29	24:40	169	48:19
Ilseburg/Markt	3.30	14:10	4:17	12	2:49	77	3:50	26.20	2:27:45	5:38	26	27:29	155	52:09