



47. Brockenlauf Ilseburg / 02.09.2017

Detailed evaluation

WITT, Ingo

Club: W&L

Number: 288

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:27:48

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 160 (of 500)

Rank in course/Men: 154 (of 423)

Best time in course: 1:35:36

Rank in category: 34(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	19:05	5:46	48	6:12	213	7:06	3.30	19:05	5:46	48	6:12	213	7:06
Schlüsse	3.10	19:09	6:10	29	4:43	133	6:24	6.40	38:14	5:58	39	10:55	173	13:30
Hermannsklippe	2.60	16:25	6:18	21	3:38	99	5:14	9.00	54:39	6:04	33	14:24	149	18:44
Brocken	3.10	28:25	9:09	38	8:37	173	11:01	12.10	1:23:04	6:51	33	23:01	157	29:45
Eiserner Handwe	3.60	18:59	5:16	52	7:07	223	7:19	15.70	1:42:03	6:30	36	30:08	169	37:04
Schlüsse	4.10	17:26	4:15	38	5:30	167	6:25	19.80	1:59:29	6:02	36	35:38	167	43:29
Loddenke	3.10	14:12	4:34	44	4:15	193	4:56	22.90	2:13:41	5:50	38	39:53	172	48:25
Ilseburg/Markt	3.30	14:07	4:16	17	3:02	74	3:47	26.20	2:27:48	5:38	34	42:55	156	52:12