



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

BJÖRN, Heiko

Club: Magdeburger-LaufKultur 08
Number: 190

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:28:17

Speed: 10.52 km/h
Running performance: 5:40 min/km

Rank in course/Total: 166 (of 500)

Rank in course/Men: 159 (of 423)

Best time in course: 1:35:36

Rank in category: 27(of 67)

Best time in the category: 2:00:16

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	17:21	5:15	18	1:34	106	5:22	3.30	17:21	5:15	18	1:34	106	5:22
Schlüsie	3.10	20:31	6:37	39	4:28	224	7:46	6.40	37:52	5:54	28	5:51	162	13:08
Hermannsklippe	2.60	18:48	7:13	42	4:35	242	7:37	9.00	56:40	6:17	36	10:26	189	20:45
Brocken	3.10	31:37	10:11	46	10:15	287	14:13	12.10	1:28:17	7:17	40	20:41	228	34:58
Eiserner Handwe	3.60	16:46	4:39	22	2:13	111	5:06	15.70	1:45:03	6:41	34	21:31	194	40:04
Schlüsie	4.10	15:54	3:52	14	1:49	88	4:53	19.80	2:00:57	6:06	32	22:51	178	44:57
Loddenke	3.10	12:47	4:07	11	1:58	75	3:31	22.90	2:13:44	5:50	31	24:49	173	48:28
Ilseburg/Markt	3.30	14:33	4:24	18	3:12	103	4:13	26.20	2:28:17	5:39	27	28:01	161	52:41