



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

BETHKE, Jörn

Club: Brockenlaufverein
Number: 311

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:28:29

Speed: 10.51 km/h
Running performance: 5:40 min/km

Rank in course/Total: 169 (of 500)

Rank in course/Men: 163 (of 423)

Best time in course: 1:35:36

Rank in category: 37(of 85)

Best time in the category: 1:44:53

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	19:57	6:02	61	7:04	265	7:58	3.30	19:57	6:02	61	7:04	265	7:58	
Schlüsie	3.10	20:48	6:42	58	6:22	240	8:03	6.40	40:45	6:22	59	13:26	250	16:01	
Hermannsklippe	2.60	17:59	6:55	43	5:12	201	6:48	9.00	58:44	6:31	55	18:29	235	22:49	
Brocken	3.10	28:24	9:09	37	8:36	172	11:00	12.10	1:27:08	7:12	46	27:05	203	33:49	
Eiserner Handwe	3.60	17:09	4:45	31	5:17	134	5:29	15.70	1:44:17	6:38	41	32:22	188	39:18	
Schlüsie	4.10	16:25	4:00	25	4:29	115	5:24	19.80	2:00:42	6:05	39	36:51	176	44:42	
Loddenke	3.10	13:17	4:17	26	3:20	113	4:01	22.90	2:13:59	5:51	39	40:11	176	48:43	
Ilseburg/Markt	3.30	14:30	4:23	23	3:25	98	4:10	26.20	2:28:29	5:40	37	43:36	165	52:53	