



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Altniks, Frank

Club: SV Kollerbeck
Number: 519

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:28:38

Speed: 10.50 km/h
Running performance: 5:40 min/km

Rank in course/Total: 173 (of 500)

Rank in course/Men: 166 (of 423)

Best time in course: 1:35:36

Rank in category: 28(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:07	5:47	40	3:20	218	7:08	3.30	19:07	5:47	40	3:20	218	7:08
Schlüsie	3.10	19:12	6:11	21	3:09	136	6:27	6.40	38:19	5:59	33	6:18	176	13:35
Hermannsklippe	2.60	17:06	6:34	22	2:53	143	5:55	9.00	55:25	6:09	27	9:11	164	19:30
Brocken	3.10	27:38	8:54	22	6:16	147	10:14	12.10	1:23:03	6:51	26	15:27	156	29:44
Eiserner Handwe	3.60	17:37	4:53	29	3:04	150	5:57	15.70	1:40:40	6:24	27	17:08	153	35:41
Schlüsie	4.10	18:09	4:25	38	4:04	212	7:08	19.80	1:58:49	6:00	26	20:43	161	42:49
Loddenke	3.10	14:12	4:34	37	3:23	193	4:56	22.90	2:13:01	5:48	27	24:06	163	47:45
Ilseburg/Markt	3.30	15:37	4:43	36	4:16	187	5:17	26.20	2:28:38	5:40	28	28:22	168	53:02