



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SCHWARZ, Maik

Club: Braunschweig
Number: 197

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:29:18

Speed: 10.45 km/h
Running performance: 5:42 min/km

Rank in course/Total: 179 (of 500)

Rank in course/Men: 172 (of 423)

Best time in course: 1:35:36

Rank in category: 23(of 45)

Best time in the category: 1:55:09

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	19:32	5:55	28	5:37	245	7:33	3.30	19:32	5:55	28	5:37	245	7:33
Schlüsie	3.10	20:21	6:33	29	5:04	212	7:36	6.40	39:53	6:13	28	10:40	224	15:09
Hermannsklippe	2.60	17:35	6:45	28	4:12	180	6:24	9.00	57:28	6:23	26	14:47	202	21:33
Brocken	3.10	26:04	8:24	16	5:08	91	8:40	12.10	1:23:32	6:54	25	19:45	164	30:13
Eiserner Handwe	3.60	18:15	5:04	25	4:35	175	6:35	15.70	1:41:47	6:28	25	24:20	165	36:48
Schlüsie	4.10	19:26	4:44	34	5:54	274	8:25	19.80	2:01:13	6:07	26	30:11	183	45:13
Loddenke	3.10	13:34	4:22	21	2:39	140	4:18	22.90	2:14:47	5:53	25	32:04	179	49:31
Ilseburg/Markt	3.30	14:31	4:23	14	2:37	100	4:11	26.20	2:29:18	5:41	23	34:09	174	53:42