



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SANDER, Andreas

Club: TuS Brake in Lippe e.V.
Number: 262

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:23

Speed: 10.30 km/h
Running performance: 5:47 min/km

Rank in course/Total: 190 (of 500)

Rank in course/Men: 181 (of 423)

Best time in course: 1:35:36

Rank in category: 43(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Loddenke	3.30	18:25	5:34	38	5:32	178	6:26	3.30	18:25	5:34	38	5:32	178	6:26
Schlüsie	3.10	20:12	6:30	45	5:46	198	7:27	6.40	38:37	6:02	43	11:18	188	13:53
Hermannsklippe	2.60	18:06	6:57	46	5:19	210	6:55	9.00	56:43	6:18	43	16:28	190	20:48
Brocken	3.10	29:58	9:39	51	10:10	227	12:34	12.10	1:26:41	7:09	42	26:38	195	33:22
Eiserner Handwe	3.60	17:52	4:57	34	6:00	160	6:12	15.70	1:44:33	6:39	43	32:38	191	39:34
Schlüsie	4.10	17:51	4:21	45	5:55	187	6:50	19.80	2:02:24	6:10	43	38:33	192	46:24
Loddenke	3.10	13:39	4:24	32	3:42	148	4:23	22.90	2:16:03	5:56	43	42:15	186	50:47
Ilseburg/Markt	3.30	15:20	4:38	39	4:15	160	5:00	26.20	2:31:23	5:46	43	46:30	183	55:47