



# 47. Brockenlauf Ilseburg / 02.09.2017

## Detailed evaluation

Krakow, Manfred

Club: LG Henneberg  
Number: 492

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:32:49

Speed: 10.29 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 198 (of 500)

Rank in course/Men: 188 (of 423)

Best time in course: 1:35:36

Rank in category: 4(of 23)

Best time in the category: 2:19:17

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Loddenke        | 3.30        | 18:43         | 5:40            | 5           | 1:42           | 194        | 6:44          | 3.30        | 18:43         | 5:40            | 5           | 1:42           | 194        | 6:44          |
| Schlüsse        | 3.10        | 21:13         | 6:50            | 7           | 2:43           | 266        | 8:28          | 6.40        | 39:56         | 6:14            | 5           | 4:25           | 227        | 15:12         |
| Hermannsklippe  | 2.60        | 18:48         | 7:13            | 7           | 2:33           | 242        | 7:37          | 9.00        | 58:44         | 6:31            | 6           | 6:58           | 235        | 22:49         |
| Brocken         | 3.10        | 30:04         | 9:41            | 6           | 4:04           | 230        | 12:40         | 12.10       | 1:28:48       | 7:20            | 6           | 11:02          | 239        | 35:29         |
| Eiserner Handwe | 3.60        | 18:28         | 5:07            | 7           | 1:34           | 187        | 6:48          | 15.70       | 1:47:16       | 6:49            | 6           | 12:36          | 226        | 42:17         |
| Schlüsse        | 4.10        | 17:11         | 4:11            | 5           | 1:09           | 156        | 6:10          | 19.80       | 2:04:27       | 6:17            | 5           | 13:05          | 208        | 48:27         |
| Loddenke        | 3.10        | 13:40         | 4:24            | 3           | 0:11           | 150        | 4:24          | 22.90       | 2:18:07       | 6:01            | 5           | 13:16          | 203        | 52:51         |
| Ilseburg/Markt  | 3.30        | 14:42         | 4:27            | 2           | 0:16           | 111        | 4:22          | 26.20       | 2:32:49       | 5:49            | 4           | 13:32          | 190        | 57:13         |