



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

KOCH, Ingmar

Club: Ultramarathon Essighausen
Number: 381

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:40

Speed: 10.15 km/h
Running performance: 5:52 min/km

Rank in course/Total: 208 (of 500)

Rank in course/Men: 195 (of 423)

Best time in course: 1:35:36

Rank in category: 45(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:32	6:13	64	7:39	297	8:33	3.30	20:32	6:13	64	7:39	297	8:33
Schlüsie	3.10	20:14	6:31	46	5:48	200	7:29	6.40	40:46	6:22	60	13:27	252	16:02
Hermannsklippe	2.60	18:05	6:57	44	5:18	206	6:54	9.00	58:51	6:32	56	18:36	240	22:56
Brocken	3.10	29:21	9:28	44	9:33	204	11:57	12.10	1:28:12	7:17	51	28:09	221	34:53
Eiserner Handwe	3.60	18:42	5:11	44	6:50	203	7:02	15.70	1:46:54	6:48	50	34:59	219	41:55
Schlüsie	4.10	17:40	4:18	43	5:44	179	6:39	19.80	2:04:34	6:17	48	40:43	210	48:34
Loddenke	3.10	14:26	4:39	51	4:29	212	5:10	22.90	2:19:00	6:04	48	45:12	213	53:44
Ilseburg/Markt	3.30	14:40	4:26	26	3:35	108	4:20	26.20	2:33:40	5:51	45	48:47	197	58:04