



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SPANGER, Lars

Club: Abenteuerwald-Thale, Team Stark wie 2
Number: 145

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:33:53

Speed: 10.14 km/h
Running performance: 5:52 min/km

Rank in course/Total: 212 (of 500)

Rank in course/Men: 199 (of 423)

Best time in course: 1:35:36

Rank in category: 47(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	17:47	5:23	29	4:54	137	5:48	3.30	17:47	5:23	29	4:54	137	5:48
Schlüsie	3.10	20:38	6:39	55	6:12	228	7:53	6.40	38:25	6:00	40	11:06	181	13:41
Hermannsklippe	2.60	18:33	7:08	52	5:46	226	7:22	9.00	56:58	6:19	44	16:43	191	21:03
Brocken	3.10	28:21	9:08	35	8:33	169	10:57	12.10	1:25:19	7:03	38	25:16	185	32:00
Eiserner Handwe	3.60	18:40	5:11	43	6:48	199	7:00	15.70	1:43:59	6:37	40	32:04	186	39:00
Schlüsie	4.10	19:11	4:40	60	7:15	258	8:10	19.80	2:03:10	6:13	44	39:19	194	47:10
Loddenke	3.10	14:53	4:48	58	4:56	241	5:37	22.90	2:18:03	6:01	45	44:15	201	52:47
Ilseburg/Markt	3.30	15:50	4:47	51	4:45	207	5:30	26.20	2:33:53	5:52	47	49:00	201	58:17