



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

GRUSCHKA, Wolfgang

Club: Trailrunning Harz
Number: 385

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:34:26

Speed: 10.10 km/h
Running performance: 5:53 min/km

Rank in course/Total: 222 (of 500)

Rank in course/Men: 207 (of 423)

Best time in course: 1:35:36

Rank in category: 12(of 45)

Best time in the category: 2:07:45

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	18:39	5:39	11	2:28	185	6:40	3.30	18:39	5:39	11	2:28	185	6:40
Schlüsie	3.10	20:04	6:28	13	2:43	190	7:19	6.40	38:43	6:02	11	5:11	189	13:59
Hermannsklippe	2.60	17:55	6:53	14	2:34	199	6:44	9.00	56:38	6:17	12	7:45	188	20:43
Brocken	3.10	29:27	9:30	14	4:33	207	12:03	12.10	1:26:05	7:06	14	11:49	193	32:46
Eiserner Handwe	3.60	18:39	5:10	12	4:09	196	6:59	15.70	1:44:44	6:40	13	15:58	193	39:45
Schlüsie	4.10	17:47	4:20	11	3:42	182	6:46	19.80	2:02:31	6:11	12	19:40	193	46:31
Loddenke	3.10	14:46	4:45	15	2:58	233	5:30	22.90	2:17:17	5:59	12	22:38	193	52:01
Ilseburg/Markt	3.30	17:09	5:11	25	4:03	281	6:49	26.20	2:34:26	5:53	12	26:41	209	58:50