



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Kirsten, Thomas

Club: Rot-Weiß Alleben
Number: 541

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:34:31

Speed: 10.10 km/h
Running performance: 5:54 min/km

Rank in course/Total: 225 (of 500)

Rank in course/Men: 209 (of 423)

Best time in course: 1:35:36

Rank in category: 50(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	18:18	5:32	37	5:25	170	6:19	3.30	18:18	5:32	37	5:25	170	6:19
Schlüsie	3.10	19:18	6:13	32	4:52	143	6:33	6.40	37:36	5:52	35	10:17	154	12:52
Hermannsklippe	2.60	17:51	6:51	41	5:04	192	6:40	9.00	55:27	6:09	37	15:12	166	19:32
Brocken	3.10	33:45	10:53	74	13:57	343	16:21	12.10	1:29:12	7:22	59	29:09	244	35:53
Eiserner Handwe	3.60	19:27	5:24	59	7:35	244	7:47	15.70	1:48:39	6:55	58	36:44	243	43:40
Schlüsie	4.10	17:37	4:17	42	5:41	177	6:36	19.80	2:06:16	6:22	55	42:25	235	50:16
Loddenke	3.10	13:13	4:15	25	3:16	109	3:57	22.90	2:19:29	6:05	51	45:41	218	54:13
Ilseburg/Markt	3.30	15:02	4:33	34	3:57	135	4:42	26.20	2:34:31	5:53	50	49:38	211	58:55