



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SUCKOW, Stefan

Club: Calenberger Canoe Club
Number: 90

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:00

Speed: 10.00 km/h
Running performance: 5:57 min/km

Rank in course/Total: 234 (of 500)

Rank in course/Men: 217 (of 423)

Best time in course: 1:35:36

Rank in category: 51(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	16:33	5:00	12	3:40	76	4:34	3.30	16:33	5:00	12	3:40	76	4:34
Schlüsie	3.10	20:00	6:27	42	5:34	186	7:15	6.40	36:33	5:42	23	9:14	120	11:49
Hermannsklippe	2.60	19:25	7:28	63	6:38	285	8:14	9.00	55:58	6:13	39	15:43	175	20:03
Brocken	3.10	33:11	10:42	70	13:23	325	15:47	12.10	1:29:09	7:22	58	29:06	242	35:50
Eiserner Handwe	3.60	18:48	5:13	48	6:56	213	7:08	15.70	1:47:57	6:52	56	36:02	236	42:58
Schlüsie	4.10	17:55	4:22	46	5:59	196	6:54	19.80	2:05:52	6:21	54	42:01	229	49:52
Loddenke	3.10	14:03	4:31	41	4:06	178	4:47	22.90	2:19:55	6:06	52	46:07	222	54:39
Ilseburg/Markt	3.30	16:05	4:52	55	5:00	221	5:45	26.20	2:36:00	5:57	51	51:07	219	1:00:24