



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 |