



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

MOCK, Ralf

Club: TuS Hasede
Number: 307

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:36:16

Speed: 9.98 km/h
Running performance: 5:58 min/km

Rank in course/Total: 236 (of 500)

Rank in course/Men: 219 (of 423)

Best time in course: 1:35:36

Rank in category: 13(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	19:22	5:52	15	3:11	231	7:23	3.30	19:22	5:52	15	3:11	231	7:23
Schlüsie	3.10	20:30	6:36	16	3:09	222	7:45	6.40	39:52	6:13	14	6:20	222	15:08
Hermannsklippe	2.60	17:53	6:52	13	2:32	193	6:42	9.00	57:45	6:25	14	8:52	208	21:50
Brocken	3.10	28:19	9:08	11	3:25	167	10:55	12.10	1:26:04	7:06	13	11:48	192	32:45
Eiserner Handwe	3.60	19:42	5:28	19	5:12	256	8:02	15.70	1:45:46	6:44	14	17:00	205	40:47
Schlüsie	4.10	18:54	4:36	13	4:49	246	7:53	19.80	2:04:40	6:17	13	21:49	215	48:40
Loddenke	3.10	15:13	4:54	18	3:25	264	5:57	22.90	2:19:53	6:06	13	25:14	220	54:37
Ilseburg/Markt	3.30	16:23	4:57	18	3:17	237	6:03	26.20	2:36:16	5:57	13	28:31	221	1:00:40