



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

RYLL, Rene

Club: Volkssport Goslar
Number: 284

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:19

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

Rank in course/Total: 237 (of 500)

Rank in course/Men: 220 (of 423)

Best time in course: 1:35:36

Rank in category: 53(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	19:56	6:02	60	7:03	264	7:57	3.30	19:56	6:02	60	7:03	264	7:57
Schlüsie	3.10	20:04	6:28	43	5:38	190	7:19	6.40	40:00	6:15	55	12:41	228	15:16
Hermannsklippe	2.60	17:27	6:42	38	4:40	170	6:16	9.00	57:27	6:23	46	17:12	201	21:32
Brocken	3.10	29:27	9:30	46	9:39	207	12:03	12.10	1:26:54	7:10	44	26:51	199	33:35
Eiserner Handwe	3.60	18:17	5:04	36	6:25	177	6:37	15.70	1:45:11	6:41	44	33:16	197	40:12
Schlüsie	4.10	18:19	4:28	53	6:23	222	7:18	19.80	2:03:30	6:14	46	39:39	199	47:30
Loddenke	3.10	15:19	4:56	63	5:22	271	6:03	22.90	2:18:49	6:03	47	45:01	211	53:33
Ilseburg/Markt	3.30	17:30	5:18	68	6:25	299	7:10	26.20	2:36:19	5:57	53	51:26	222	1:00:43