



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

GRÖSCHE, Christian

Club: Braunschweig
Number: 184

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:36:37

Speed: 9.96 km/h
Running performance: 5:59 min/km

Rank in course/Total: 240 (of 500)

Rank in course/Men: 223 (of 423)

Best time in course: 1:35:36

Rank in category: 30(of 45)

Best time in the category: 1:55:09

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	20:22	6:10	30	6:27	282	8:23	3.30	20:22	6:10	30	6:27	282	8:23
Schlüsie	3.10	20:12	6:30	27	4:55	198	7:27	6.40	40:34	6:20	30	11:21	242	15:50
Hermannsklippe	2.60	17:35	6:45	28	4:12	180	6:24	9.00	58:09	6:27	27	15:28	216	22:14
Brocken	3.10	29:06	9:23	28	8:10	197	11:42	12.10	1:27:15	7:12	28	23:28	206	33:56
Eiserner Handwe	3.60	19:03	5:17	32	5:23	226	7:23	15.70	1:46:18	6:46	30	28:51	210	41:19
Schlüsie	4.10	18:07	4:25	29	4:35	209	7:06	19.80	2:04:25	6:17	29	33:23	207	48:25
Loddenke	3.10	14:51	4:47	27	3:56	237	5:35	22.90	2:19:16	6:04	29	36:33	216	54:00
Ilseburg/Markt	3.30	17:21	5:15	35	5:27	292	7:01	26.20	2:36:37	5:58	30	41:28	225	1:01:01