



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

Brandt, Frank

Number: 549

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:37:09

Speed: 9.93 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 247 (of 500)

Rank in course/Men: 229 (of 423)

Best time in course: 1:35:36

Rank in category: 56(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	20:11	6:06	63	7:18	277	8:12	3.30	20:11	6:06	63	7:18	277	8:12
Schlüsie	3.10	20:26	6:35	51	6:00	217	7:41	6.40	40:37	6:20	58	13:18	244	15:53
Hermannsklippe	2.60	17:53	6:52	42	5:06	193	6:42	9.00	58:30	6:30	54	18:15	230	22:35
Brocken	3.10	28:53	9:19	40	9:05	188	11:29	12.10	1:27:23	7:13	47	27:20	210	34:04
Eiserner Handwe	3.60	20:18	5:38	64	8:26	288	8:38	15.70	1:47:41	6:51	55	35:46	232	42:42
Schlüsie	4.10	19:18	4:42	64	7:22	267	8:17	19.80	2:06:59	6:24	57	43:08	238	50:59
Loddenke	3.10	14:31	4:40	54	4:34	216	5:15	22.90	2:21:30	6:10	57	47:42	235	56:14
Ilseburg/Markt	3.30	15:39	4:44	48	4:34	188	5:19	26.20	2:37:09	5:59	56	52:16	231	1:01:33