



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

MCDONALD, Christian

Club: Wolfenbüttel
Number: 387

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:37:47

Speed: 9.89 km/h
Running performance: 6:01 min/km

Rank in course/Total: 254 (of 500)

Rank in course/Men: 234 (of 423)

Best time in course: 1:35:36

Rank in category: 14(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	19:49	6:00	22	3:38	258	7:50	3.30	19:49	6:00	22	3:38	258	7:50
Schlüsie	3.10	20:20	6:33	15	2:59	210	7:35	6.40	40:09	6:16	16	6:37	235	15:25
Hermannsklippe	2.60	17:47	6:50	12	2:26	190	6:36	9.00	57:56	6:26	15	9:03	213	22:01
Brocken	3.10	26:16	8:28	4	1:22	99	8:52	12.10	1:24:12	6:57	11	9:56	168	30:53
Eiserner Handwe	3.60	20:10	5:36	24	5:40	281	8:30	15.70	1:44:22	6:38	12	15:36	190	39:23
Schlüsie	4.10	21:00	5:07	29	6:55	334	9:59	19.80	2:05:22	6:19	14	22:31	221	49:22
Loddenke	3.10	15:29	4:59	22	3:41	278	6:13	22.90	2:20:51	6:09	14	26:12	232	55:35
Ilseburg/Markt	3.30	16:56	5:07	21	3:50	268	6:36	26.20	2:37:47	6:01	14	30:02	236	1:02:11