



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**ANLAUF, Carsten**

Club: Iserlohn  
Number: 44

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:41:10

Speed: 9.68 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 276 (of 500)

Rank in course/Men: 254 (of 423)

Best time in course: 1:35:36

Rank in category: 33(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	20:48	6:18	38	6:53	322	8:49	3.30	20:48	6:18	38	6:53	322	8:49	
Schlüsie	3.10	21:34	6:57	38	6:17	291	8:49	6.40	42:22	6:37	38	13:09	315	17:38	
Hermannsklippe	2.60	19:13	7:23	34	5:50	271	8:02	9.00	1:01:35	6:50	34	18:54	291	25:40	
Brocken	3.10	30:51	9:57	36	9:55	257	13:27	12.10	1:32:26	7:38	35	28:39	280	39:07	
Eiserner Handwe	3.60	19:26	5:23	34	5:46	243	7:46	15.70	1:51:52	7:07	36	34:25	274	46:53	
Schlüsie	4.10	17:49	4:20	22	4:17	183	6:48	19.80	2:09:41	6:32	35	38:39	265	53:41	
Loddenke	3.10	14:43	4:44	26	3:48	230	5:27	22.90	2:24:24	6:18	34	41:41	257	59:08	
Ilseburg/Markt	3.30	16:46	5:04	30	4:52	258	6:26	26.20	2:41:10	6:09	33	46:01	256	1:05:34	