



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

ZABEL, Dirk

Club: NIX tun kann JEDER
Number: 336

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:43:57

Speed: 9.52 km/h
Running performance: 6:16 min/km

Rank in course/Total: 296 (of 500)

Rank in course/Men: 272 (of 423)

Best time in course: 1:35:36

Rank in category: 64(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	20:39	6:15	67	7:46	310	8:40	3.30	20:39	6:15	67	7:46	310	8:40
Schlüsie	3.10	20:58	6:45	60	6:32	247	8:13	6.40	41:37	6:30	64	14:18	280	16:53
Hermannsklippe	2.60	19:32	7:30	65	6:45	292	8:21	9.00	1:01:09	6:47	65	20:54	284	25:14
Brocken	3.10	31:38	10:12	61	11:50	288	14:14	12.10	1:32:47	7:40	64	32:44	284	39:28
Eiserner Handwe	3.60	18:31	5:08	39	6:39	191	6:51	15.70	1:51:18	7:05	62	39:23	267	46:19
Schlüsie	4.10	19:20	4:42	65	7:24	269	8:19	19.80	2:10:38	6:35	63	46:47	271	54:38
Loddenke	3.10	15:31	5:00	64	5:34	279	6:15	22.90	2:26:09	6:22	63	52:21	269	1:00:53
Ilseburg/Markt	3.30	17:48	5:23	70	6:43	314	7:28	26.20	2:43:57	6:15	64	59:04	274	1:08:21