



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**DEXBACH, Alexander**

Club: Shorai-Do Kempo e.V.  
Number: 156

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:44:18

Speed: 9.49 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 301 (of 500)

Rank in course/Men: 276 (of 423)

Best time in course: 1:35:36

Rank in category: 36(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	20:33	6:13	33	6:38	299	8:34	3.30	20:33	6:13	33	6:38	299	8:34
Schlüsie	3.10	21:10	6:49	34	5:53	262	8:25	6.40	41:43	6:31	34	12:30	285	16:59
Hermannsklippe	2.60	19:17	7:25	36	5:54	277	8:06	9.00	1:01:00	6:46	32	18:19	280	25:05
Brocken	3.10	26:58	8:41	21	6:02	121	9:34	12.10	1:27:58	7:16	31	24:11	216	34:39
Eiserner Handwe	3.60	21:55	6:05	40	8:15	339	10:15	15.70	1:49:53	6:59	33	32:26	253	44:54
Schlüsie	4.10	21:03	5:08	40	7:31	335	10:02	19.80	2:10:56	6:36	36	39:54	272	54:56
Loddenke	3.10	16:15	5:14	38	5:20	326	6:59	22.90	2:27:11	6:25	36	44:28	276	1:01:55
Ilseburg/Markt	3.30	17:07	5:11	33	5:13	278	6:47	26.20	2:44:18	6:16	36	49:09	278	1:08:42