



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

GRUDZINSKI, Reyk

Club: Berlin
Number: 183

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:45:19

Speed: 9.44 km/h
Running performance: 6:19 min/km

Rank in course/Total: 307 (of 500)

Rank in course/Men: 281 (of 423)

Best time in course: 1:35:36

Rank in category: 36(of 53)

Best time in the category: 1:54:00

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 | 21:01 | 6:22 | 38 | 7:03 | 339 | 9:02 | 3.30 | 21:01 | 6:22 | 38 | 7:03 | 339 | 9:02 |
| Schlüsie | 3.10 | 21:02 | 6:47 | 28 | 5:29 | 251 | 8:17 | 6.40 | 42:03 | 6:34 | 36 | 12:32 | 293 | 17:19 |
| Hermannsklippe | 2.60 | 18:45 | 7:12 | 29 | 5:02 | 238 | 7:34 | 9.00 | 1:00:48 | 6:45 | 33 | 17:34 | 272 | 24:53 |
| Brocken | 3.10 | 32:27 | 10:28 | 42 | 11:48 | 306 | 15:03 | 12.10 | 1:33:15 | 7:42 | 37 | 28:54 | 292 | 39:56 |
| Eiserner Handwe | 3.60 | 21:30 | 5:58 | 39 | 8:13 | 328 | 9:50 | 15.70 | 1:54:45 | 7:18 | 38 | 37:07 | 298 | 49:46 |
| Schlüsie | 4.10 | 20:13 | 4:55 | 38 | 7:25 | 305 | 9:12 | 19.80 | 2:14:58 | 6:48 | 40 | 44:32 | 306 | 58:58 |
| Loddenke | 3.10 | 14:34 | 4:41 | 30 | 3:35 | 220 | 5:18 | 22.90 | 2:29:32 | 6:31 | 39 | 48:07 | 300 | 1:04:16 |
| Ilseburg/Markt | 3.30 | 15:47 | 4:46 | 30 | 3:12 | 201 | 5:27 | 26.20 | 2:45:19 | 6:18 | 37 | 51:19 | 283 | 1:09:43 |