



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

HEIDE, Stephan

Club: Löwenläufer
Number: 148

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:45:19

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

Rank in course/Total: 309 (of 500)

Rank in course/Men: 281 (of 423)

Best time in course: 1:35:36

Rank in category: 50(of 67)

Best time in the category: 2:00:16

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	19:53	6:01	52	4:06	259	7:54	3.30	19:53	6:01	52	4:06	259	7:54
Schlüsie	3.10	21:08	6:49	46	5:05	259	8:23	6.40	41:01	6:24	49	9:00	264	16:17
Hermannsklippe	2.60	19:23	7:27	48	5:10	284	8:12	9.00	1:00:24	6:42	48	14:10	266	24:29
Brocken	3.10	31:53	10:17	48	10:31	293	14:29	12.10	1:32:17	7:37	49	24:41	278	38:58
Eiserner Handwe	3.60	19:18	5:21	44	4:45	240	7:38	15.70	1:51:35	7:06	47	28:03	268	46:36
Schlüsie	4.10	19:55	4:51	51	5:50	294	8:54	19.80	2:11:30	6:38	48	33:24	275	55:30
Loddenke	3.10	16:29	5:19	58	5:40	339	7:13	22.90	2:27:59	6:27	49	39:04	281	1:02:43
Ilseburg/Markt	3.30	17:20	5:15	55	5:59	291	7:00	26.20	2:45:19	6:18	50	45:03	283	1:09:43