



47. Brockenlauf Ilseburg / 02.09.2017

Detailed evaluation

PREUß, Michael

Club: TuS Ahnsen
Number: 255

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:50:54

Speed: 9.20 km/h
Running performance: 6:31 min/km

Rank in course/Total: 353 (of 500)

Rank in course/Men: 318 (of 423)

Best time in course: 1:35:36

Rank in category: 68(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	21:05	6:23	74	8:12	347	9:06	3.30	21:05	6:23	74	8:12	347	9:06
Schlüsse	3.10	22:35	7:17	75	8:09	344	9:50	6.40	43:40	6:49	75	16:21	345	18:56
Hermannsklippe	2.60	20:08	7:44	70	7:21	325	8:57	9.00	1:03:48	7:05	75	23:33	340	27:53
Brocken	3.10	32:36	10:30	67	12:48	315	15:12	12.10	1:36:24	7:58	73	36:21	334	43:05
Eiserner Handwe	3.60	20:43	5:45	66	8:51	303	9:03	15.70	1:57:07	7:27	70	45:12	323	52:08
Schlüsse	4.10	19:49	4:50	68	7:53	286	8:48	19.80	2:16:56	6:54	69	53:05	321	1:00:56
Loddenke	3.10	15:35	5:01	65	5:38	283	6:19	22.90	2:32:31	6:39	68	58:43	317	1:07:15
Ilseburg/Markt	3.30	18:23	5:34	74	7:18	344	8:03	26.20	2:50:54	6:31	68	1:06:01	320	1:15:18