



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

KRAMER, Manfred

Club: Werder Bremen FC Osis
Number: 144

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:54:14

Speed: 8.95 km/h
Running performance: 6:39 min/km

Rank in course/Total: 380 (of 500)

Rank in course/Men: 337 (of 423)

Best time in course: 1:35:36

Rank in category: 32(of 45)

Best time in the category: 2:07:45

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	20:38	6:15	28	4:27	308	8:39	3.30	20:38	6:15	28	4:27	308	8:39
Schlüsie	3.10	22:53	7:22	31	5:32	354	10:08	6.40	43:31	6:47	31	9:59	340	18:47
Hermannsklippe	2.60	20:23	7:50	30	5:02	339	9:12	9.00	1:03:54	7:05	31	15:01	342	27:59
Brocken	3.10	33:58	10:57	32	9:04	347	16:34	12.10	1:37:52	8:05	31	23:36	345	44:33
Eiserner Handwe	3.60	21:56	6:05	33	7:26	342	10:16	15.70	1:59:48	7:37	32	31:02	349	54:49
Schlüsie	4.10	21:06	5:08	30	7:01	339	10:05	19.80	2:20:54	7:06	31	38:03	343	1:04:54
Loddenke	3.10	15:43	5:04	26	3:55	292	6:27	22.90	2:36:37	6:50	32	41:58	341	1:11:21
Ilseburg/Markt	3.30	17:37	5:20	27	4:31	302	7:17	26.20	2:54:14	6:39	32	46:29	339	1:18:38