



# 47. Brockenlauf Ilseburg / 02.09.2017

## Detailed evaluation

**MACHINEK, Horst**

Club: Maschsee-Sharks Hannover  
Number: 430

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:58:04

Speed: 8.83 km/h  
Running performance: 6:48 min/km

Rank in course/Total: 397 (of 500)

Rank in course/Men: 351 (of 423)

Best time in course: 1:35:36

Rank in category: 33(of 45)

Best time in the category: 2:07:45

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Loddenke        | 3.30        | 20:50         | 6:18            | 31          | 4:39           | 325        | 8:51          | 3.30        | 20:50         | 6:18            | 31          | 4:39           | 325        | 8:51          |
| Schlüsle        | 3.10        | 23:11         | 7:28            | 35          | 5:50           | 360        | 10:26         | 6.40        | 44:01         | 6:52            | 32          | 10:29          | 348        | 19:17         |
| Hermannsklippe  | 2.60        | 21:38         | 8:19            | 35          | 6:17           | 368        | 10:27         | 9.00        | 1:05:39       | 7:17            | 34          | 16:46          | 355        | 29:44         |
| Brocken         | 3.10        | 33:37         | 10:50           | 31          | 8:43           | 339        | 16:13         | 12.10       | 1:39:16       | 8:12            | 34          | 25:00          | 356        | 45:57         |
| Eiserner Handwe | 3.60        | 21:40         | 6:01            | 30          | 7:10           | 332        | 10:00         | 15.70       | 2:00:56       | 7:42            | 34          | 32:10          | 359        | 55:57         |
| Schlüsle        | 4.10        | 22:30         | 5:29            | 37          | 8:25           | 369        | 11:29         | 19.80       | 2:23:26       | 7:14            | 35          | 40:35          | 361        | 1:07:26       |
| Loddenke        | 3.10        | 16:31         | 5:19            | 33          | 4:43           | 340        | 7:15          | 22.90       | 2:39:57       | 6:59            | 34          | 45:18          | 357        | 1:14:41       |
| Ilseburg/Markt  | 3.30        | 18:07         | 5:29            | 29          | 5:01           | 327        | 7:47          | 26.20       | 2:58:04       | 6:47            | 33          | 50:19          | 353        | 1:22:28       |