



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**ARNHOLD, Gerd**

Club: Rennsteiglaufverein  
Number: 19

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:00:23

Speed: 8.65 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 412 (of 500)

Rank in course/Men: 362 (of 423)

Best time in course: 1:35:36

Rank in category: 36(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     | 21:04      | 6:23         | 35          | 4:53        | 346     | 9:05       | 3.30          | 21:04      | 6:23         | 35       | 4:53        | 346     | 9:05       |
| Schlüsie           | 3.10     | 23:00      | 7:25         | 34          | 5:39        | 359     | 10:15      | 6.40          | 44:04      | 6:53         | 33       | 10:32       | 350     | 19:20      |
| Hermannsklippe     | 2.60     | 20:35      | 7:54         | 33          | 5:14        | 344     | 9:24       | 9.00          | 1:04:39    | 7:11         | 32       | 15:46       | 347     | 28:44      |
| Brocken            | 3.10     | 33:32      | 10:49        | 30          | 8:38        | 336     | 16:08      | 12.10         | 1:38:11    | 8:06         | 32       | 23:55       | 347     | 44:52      |
| Eiserner Handwe    | 3.60     | 22:39      | 6:17         | 36          | 8:09        | 363     | 10:59      | 15.70         | 2:00:50    | 7:41         | 33       | 32:04       | 357     | 55:51      |
| Schlüsie           | 4.10     | 22:27      | 5:28         | 36          | 8:22        | 368     | 11:26      | 19.80         | 2:23:17    | 7:14         | 34       | 40:26       | 360     | 1:07:17    |
| Loddenke           | 3.10     | 17:37      | 5:40         | 37          | 5:49        | 367     | 8:21       | 22.90         | 2:40:54    | 7:01         | 35       | 46:15       | 359     | 1:15:38    |
| Ilseburg/Markt     | 3.30     | 19:29      | 5:54         | 38          | 6:23        | 374     | 9:09       | 26.20         | 3:00:23    | 6:53         | 36       | 52:38       | 364     | 1:24:47    |