



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**STOISIEK, Frank**

Club: Aschersleben  
Number: 438

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 3:00:44

Speed: 8.70 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 414 (of 500)

Rank in course/Men: 363 (of 423)

Best time in course: 1:35:36

Rank in category: 37(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	20:51	6:19	32	4:40	328	8:52	3.30	20:51	6:19	32	4:40	328	8:52
Schlüsie	3.10	23:54	7:42	36	6:33	372	11:09	6.40	44:45	6:59	35	11:13	359	20:01
Hermannsklippe	2.60	22:25	8:37	38	7:04	381	11:14	9.00	1:07:10	7:27	35	18:17	373	31:15
Brocken	3.10	37:09	11:59	39	12:15	395	19:45	12.10	1:44:19	8:37	38	30:03	377	51:00
Eiserner Handwe	3.60	22:53	6:21	37	8:23	371	11:13	15.70	2:07:12	8:06	38	38:26	376	1:02:13
Schlüsie	4.10	20:56	5:06	28	6:51	331	9:55	19.80	2:28:08	7:28	38	45:17	374	1:12:08
Loddenke	3.10	15:39	5:02	23	3:51	287	6:23	22.90	2:43:47	7:09	37	49:08	369	1:18:31
Ilseburg/Markt	3.30	16:57	5:08	22	3:51	269	6:37	26.20	3:00:44	6:53	37	52:59	365	1:25:08