



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

BERNER, Roland

Club: LG Bad Frankenhausen / Göllingen
Number: 456

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:05:41

Speed: 8.40 km/h
Running performance: 7:05 min/km

Rank in course/Total: 431 (of 500)

Rank in course/Men: 376 (of 423)

Best time in course: 1:35:36

Rank in category: 38(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	21:48	6:36	38	5:37	369	9:49	3.30	21:48	6:36	38	5:37	369	9:49
Schlüsie	3.10	24:28	7:53	38	7:07	382	11:43	6.40	46:16	7:13	37	12:44	380	21:32
Hermannsklippe	2.60	22:42	8:43	39	7:21	386	11:31	9.00	1:08:58	7:39	38	20:05	382	33:03
Brocken	3.10	34:21	11:04	34	9:27	356	16:57	12.10	1:43:19	8:32	37	29:03	374	50:00
Eiserner Handwe	3.60	21:51	6:04	31	7:21	336	10:11	15.70	2:05:10	7:58	37	36:24	371	1:00:11
Schlüsie	4.10	22:12	5:24	35	8:07	360	11:11	19.80	2:27:22	7:26	37	44:31	373	1:11:22
Loddenke	3.10	20:10	6:30	43	8:22	407	10:54	22.90	2:47:32	7:18	38	52:53	382	1:22:16
Ilseburg/Markt	3.30	18:09	5:30	30	5:03	330	7:49	26.20	3:05:41	7:05	38	57:56	378	1:30:05