



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

GUROCK, Jörg

Club: Lüneburg
Number: 79

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:13:34

Speed: 8.06 km/h
Running performance: 7:23 min/km

Rank in course/Total: 454 (of 500)

Rank in course/Men: 393 (of 423)

Best time in course: 1:35:36

Rank in category: 83(of 85)

Best time in the category: 1:44:53

| 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 | 23:35 | 7:08 | 84 | 10:42 | 405 | 11:36 | 3.30 | 23:35 | 7:08 | 84 | 10:42 | 405 | 11:36 |
| Schlüsie | 3.10 | 25:44 | 8:18 | 84 | 11:18 | 402 | 12:59 | 6.40 | 49:19 | 7:42 | 84 | 22:00 | 405 | 24:35 |
| Hermannsklippe | 2.60 | 22:49 | 8:46 | 81 | 10:02 | 388 | 11:38 | 9.00 | 1:12:08 | 8:00 | 83 | 31:53 | 398 | 36:13 |
| Brocken | 3.10 | 36:58 | 11:55 | 83 | 17:10 | 393 | 19:34 | 12.10 | 1:49:06 | 9:00 | 83 | 49:03 | 397 | 55:47 |
| Eiserner Handwe | 3.60 | 24:58 | 6:56 | 84 | 13:06 | 400 | 13:18 | 15.70 | 2:14:04 | 8:32 | 84 | 1:02:09 | 401 | 1:09:05 |
| Schlüsie | 4.10 | 22:39 | 5:31 | 80 | 10:43 | 377 | 11:38 | 19.80 | 2:36:43 | 7:54 | 84 | 1:12:52 | 399 | 1:20:43 |
| Loddenke | 3.10 | 17:15 | 5:33 | 78 | 7:18 | 361 | 7:59 | 22.90 | 2:53:58 | 7:35 | 83 | 1:20:10 | 396 | 1:28:42 |
| Ilseburg/Markt | 3.30 | 19:36 | 5:56 | 79 | 8:31 | 383 | 9:16 | 26.20 | 3:13:34 | 7:23 | 83 | 1:28:41 | 395 | 1:37:58 |