



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