



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

FROMM, Stefan

Club: Eichsfelder Gipfelstürmer  
Number: 100

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:17:58

Speed: 7.88 km/h  
Running performance: 7:34 min/km

Rank in course/Total: 462 (of 500)

Rank in course/Men: 398 (of 423)

Best time in course: 1:35:36

Rank in category: 44(of 45)

Best time in the category: 1:55:09

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total |         | Total  |     | Total   |     | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |        |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|---------|--------|-----|---------|-----|-------------|----------------|------------|---------------|--------|
|                 |             |               |                 |             |                |            |               | km    | Time    | min/km | Pos | Behind  | Pos |             |                |            |               | Behind |
| Loddenke        | 3.30        | 21:03         | 6:22            | 40          | 7:08           | 344        | 9:04          | 3.30  | 21:03   | 6:22   | 40  | 7:08    | 344 | 9:04        |                |            |               |        |
| Schlüsie        | 3.10        | 25:41         | 8:17            | 45          | 10:24          | 401        | 12:56         | 6.40  | 46:44   | 7:18   | 44  | 17:31   | 384 | 22:00       |                |            |               |        |
| Hermannsklippe  | 2.60        | 25:41         | 9:52            | 45          | 12:18          | 414        | 14:30         | 9.00  | 1:12:25 | 8:02   | 45  | 29:44   | 401 | 36:30       |                |            |               |        |
| Brocken         | 3.10        | 39:06         | 12:36           | 45          | 18:10          | 406        | 21:42         | 12.10 | 1:51:31 | 9:12   | 45  | 47:44   | 403 | 58:12       |                |            |               |        |
| Eiserner Handwe | 3.60        | 24:22         | 6:46            | 44          | 10:42          | 397        | 12:42         | 15.70 | 2:15:53 | 8:39   | 45  | 58:26   | 405 | 1:10:54     |                |            |               |        |
| Schlüsie        | 4.10        | 23:35         | 5:45            | 44          | 10:03          | 390        | 12:34         | 19.80 | 2:39:28 | 8:03   | 44  | 1:08:26 | 404 | 1:23:28     |                |            |               |        |
| Loddenke        | 3.10        | 18:56         | 6:06            | 44          | 8:01           | 394        | 9:40          | 22.90 | 2:58:24 | 7:47   | 44  | 1:15:41 | 402 | 1:33:08     |                |            |               |        |
| Ilseburg/Markt  | 3.30        | 19:34         | 5:55            | 43          | 7:40           | 380        | 9:14          | 26.20 | 3:17:58 | 7:33   | 44  | 1:22:49 | 400 | 1:42:22     |                |            |               |        |